

# 7 Steps to Get Off Sugar and Carbs Course

## Step 1: Action Steps

Write down the date you accomplish each task.

1. Read the introduction and first chapter (Step 1: Decide to Improve Your Health) in *7 Steps to Get Off Sugar and Carbohydrates*.

Date completed: \_\_\_\_\_

2. Acquire a prayer/accountability partner (Step 1 chapter in *7 Steps* book).

Date completed: \_\_\_\_\_

3. Request to join the closed Facebook group: [7 Steps to Get Off Sugar, Carbs, and Gluten](#). Date completed: \_\_\_\_\_

4. Write a commitment between you and God (Step 1 chapter in *7 Steps* book).

Date completed: \_\_\_\_\_

5. Don't eat anything with greater than 10 grams of sugar at one sitting.

Date initiated: \_\_\_\_\_

6. Stop eating refined carbohydrates such as snacks you find in boxes and bags.

Date initiated: \_\_\_\_\_

7. Drag your skeleton out of the closet and share it with someone (day 3 of session 1 of the Christian Study Guide).

Date completed: \_\_\_\_\_

8. Select your Bible verse and write it on the Session 1 Handout: Bible Verse Worksheet. You may also want to write it on an index card or under the notes app in your cell phone (day 4 of session 1 of the Christian Study Guide).

Date completed: \_\_\_\_\_

9. Express to God the struggle you experience with food and surrender this issue to Jesus (day 5 of session 1 of the Christian Study Guide).

Date completed: \_\_\_\_\_