MAIYIMI

21-Day Less-Sugar Plan

One small action a day, designed to become a sustainable habit.

How to use

1. Complete one action a day; perfection is not required.
2. Tick the box and write one short observation.
3. For symptoms or medical needs, consult a professional first.

Week 1: Notice

Observe before you reduce.

DAY 01

- [ ] **Log every drink**

Write down everything you drink today. Observe without judgment.

DAY 02

- [ ] **Replace one drink**

Swap your most frequent sweet drink for water or unsweetened tea.

DAY 03

- [ ] **Read one bottle**

Multiply the per-100-ml value by the full bottle volume.

DAY 04

- [ ] **Choose small**

Pick the smaller size for every made-to-order drink today.

DAY 05

- [ ] **Skip toppings**

Leave out pearls, cream foam, pudding and sweet beans.

DAY 06

- [ ] **Choose plain**

Pick yogurt, milk or plant drinks with no added sweetener.

DAY 07

- [ ] **Review week one**

Circle the easiest sugar source to reduce next week.

Week 2: Replace

Let defaults and environment help you.

DAY 08

Check breakfast

Compare ingredients and per-100-g data on two breakfast foods.

DAY 09

Eat fruit whole

Choose whole fruit instead of juice or a smoothie.

DAY 10

Halve coffee extras

Use half the syrup, condensed milk or sugar; skip whipped cream.

DAY 11

Sauce on the side

Control sweet sauces yourself when eating out.

DAY 12

Keep one sweet item

Choose one: sweet drink, dessert or sweet sauce.

DAY 13

Prepare alternatives

Keep unsweetened drinks ready at home and work.

DAY 14

Notice hunger

Record hunger, stress and sleep before reaching for sweets.

Week 3: Sustain

Keep the habits you can genuinely sustain.

DAY 15

- [ ] **Create a default order**

Write your standard lower-sugar milk tea or coffee order.

DAY 16

- [ ] **Separate sugar types**

Distinguish milk lactose, whole fruit and added sugar.

DAY 17

- [ ] **Use water for exercise**

Start with water for ordinary activity.

DAY 18

- [ ] **Share one idea**

Tell a family member or colleague one useful strategy.

DAY 19

- [ ] **Plan a treat**

Decide which sweet occasion matters most this week.

DAY 20

- [ ] **Shape the environment**

Move your most frequent sugary trigger out of easy reach.

DAY 21

- [ ] **Write your long-term rules**

Keep three less-sugar habits you can sustain.