






HOW DOES THE APP WORK?

Celebrate sugar-free days, see
tips and keep notes.

Sugar Withdrawal

Your Progress

-  1 day
0g
-  2 days
0g
-  3 days
0g
-  4 days
0g
-  5 days
0g

Add a Day



Your History

- Yesterday, 11:55 PM
No sugar
- Thu, Feb 11
No sugar
- Wed, Feb 10
No sugar