



DRY MONTH DRINK TRACKER *

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

COLOR IN THE DAYS that you stick to your no-drinking plan to * track your progress. Don't beat yourself up for missing a day – just try not to skip two in a row! All progress is still progress.