Dry January Tracker

31 days. Tick or color a box for every alcohol-free day.

My reason: _____

My reward: _____

Support buddy: _____

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

Weekly check-in

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

If you drink heavily every day, talk to a doctor before stopping: alcohol withdrawal can be dangerous.