




31 Days Without Alcohol

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

LOOKING TO HIT PAUSE ON DRINKING?

Proudly check off each day of the month below to track your alcohol free days as you go! Print and post this next to your bed or share your progress on social media for extra motivation. Remember, not drinking for just 31 days can have major benefits (think: better sleep, higher energy levels and extra cash on hand for something special!).

| | | | | |
|---|---|--|---|--|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3  Stay calm, you got this | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| <input type="checkbox"/> 6 | <input type="checkbox"/> 7 1 week down! | <input type="checkbox"/> 8 | <input type="checkbox"/> 9 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> 11 Treat yourself: Movie night with buddies | <input type="checkbox"/> 12 | <input type="checkbox"/> 13 | <input type="checkbox"/> 14  Alcohol free = muscle gains | <input type="checkbox"/> 15 |
| <input type="checkbox"/> 16 | <input type="checkbox"/> 17 | <input type="checkbox"/> 18 Remember your goals | <input type="checkbox"/> 19 | <input type="checkbox"/> 20 |
| <input type="checkbox"/> 21 | <input type="checkbox"/> 22  Energize with H2O | <input type="checkbox"/> 23 | <input type="checkbox"/> 24 | <input type="checkbox"/> 25 Look how far you've come! |
| <input type="checkbox"/> 26 | <input type="checkbox"/> 27 | <input type="checkbox"/> 28 | <input type="checkbox"/> 29 Notice better ZZZ's? | <input type="checkbox"/> 30 |
| <input type="checkbox"/> 31 Congrats! You crushed it. | <p>What did you gain by drinking less? Check out tips and tricks to help you manage alcohol in your life at ownyourlimits.org.</p> | | | |

