Dry month tracker

A month without alcohol. Cross off each day.

MONTH

NAME

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				

MONEY AND SLEEP I GOT BACK

WHAT I DRANK INSTEAD