# Dry January Tracker

| Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday |
|----------|--------|----------|--------|--------|---------|-----------|
| 1-Jan ☐ | 2-Jan ☐ | 3-Jan ☐ | 4-Jan ☐ | 5-Jan ☐ | 6-Jan ☐ | 7-Jan ☐ |
| 8-Jan ☐ | 9-Jan ☐ | 10-Jan ☐ | 11-Jan ☐ | 12-Jan ☐ | 13-Jan ☐ | 14-Jan ☐ |
| 15-Jan ☐ | 16-Jan ☐ | 17-Jan ☐ | 18-Jan ☐ | 19-Jan ☐ | 20-Jan ☐ | 21-Jan ☐ |
| 22-Jan ☐ | 23-Jan ☐ | 24-Jan ☐ | 25-Jan ☐ | 26-Jan ☐ | 27-Jan ☐ | 28-Jan ☐ |
| 29-Jan ☐ | 30-Jan ☐ | 31-Jan ☐ | | | | |

"Some days will feel easy, others may feel tough. Each small decision to pause is still a quiet win."

"However this month goes, be kind to yourself. Every attempt to look after your wellbeing is something to be proud of."

"Think of it as giving your liver a little spa month. Very exclusive. Strict guest list."

"One day at a time — and yes, tea totally counts as a celebration drink."

*Travelbetter - Helping quiet, anxious and neurodiverse families explore more and worry less.*