

## Dry January Tracker

<i>Thursday</i> 1-Jan <input type="checkbox"/>	<i>Friday</i> 2-Jan <input type="checkbox"/>	<i>Saturday</i> 3-Jan <input type="checkbox"/>	<i>Sunday</i> 4-Jan <input type="checkbox"/>	<i>Monday</i> 5-Jan <input type="checkbox"/>	<i>Tuesday</i> 6-Jan <input type="checkbox"/>	<i>Wednesday</i> 7-Jan <input type="checkbox"/>
<i>Thursday</i> 8-Jan <input type="checkbox"/>	<i>Friday</i> 9-Jan <input type="checkbox"/>	<i>Saturday</i> 10-Jan <input type="checkbox"/>	<i>Sunday</i> 11-Jan <input type="checkbox"/>	<i>Monday</i> 12-Jan <input type="checkbox"/>	<i>Tuesday</i> 13-Jan <input type="checkbox"/>	<i>Wednesday</i> 14-Jan <input type="checkbox"/>
<i>Thursday</i> 15-Jan <input type="checkbox"/>	<i>Friday</i> 16-Jan <input type="checkbox"/>	<i>Saturday</i> 17-Jan <input type="checkbox"/>	<i>Sunday</i> 18-Jan <input type="checkbox"/>	<i>Monday</i> 19-Jan <input type="checkbox"/>	<i>Tuesday</i> 20-Jan <input type="checkbox"/>	<i>Wednesday</i> 21-Jan <input type="checkbox"/>
<i>Thursday</i> 22-Jan <input type="checkbox"/>	<i>Friday</i> 23-Jan <input type="checkbox"/>	<i>Saturday</i> 24-Jan <input type="checkbox"/>	<i>Sunday</i> 25-Jan <input type="checkbox"/>	<i>Monday</i> 26-Jan <input type="checkbox"/>	<i>Tuesday</i> 27-Jan <input type="checkbox"/>	<i>Wednesday</i> 28-Jan <input type="checkbox"/>
<i>Thursday</i> 29-Jan <input type="checkbox"/>	<i>Friday</i> 30-Jan <input type="checkbox"/>	<i>Saturday</i> 31-Jan <input type="checkbox"/>				

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

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

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

"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.*