



MY GOAL

30 DAYS NO ALCOHOL

One full month of no alcohol. Prove you don't need it.

NOTES:

SUGGESTED GOAL PAIRINGS: Daily 5 Minute Yoga - Daily Meditation - Read an Inspiring Book - Drink Water

PROGRESS: For every day you choose not to drink alcohol, color in the box.

A calendar graphic with a blue header and a grey body. The header contains the text '30 DAYS NO ALCOHOL' in white. The calendar grid has 30 numbered boxes, arranged in five rows and seven columns. The first row contains boxes for days 1 through 7, the second row for 8 through 14, the third for 15 through 21, the fourth for 22 through 28, and the fifth row contains boxes for 29 and 30. Two black punch holes are visible at the top of the calendar.