

# Dry January Progress

Why is this important to me?

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My goals...

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Physical:

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Mental:

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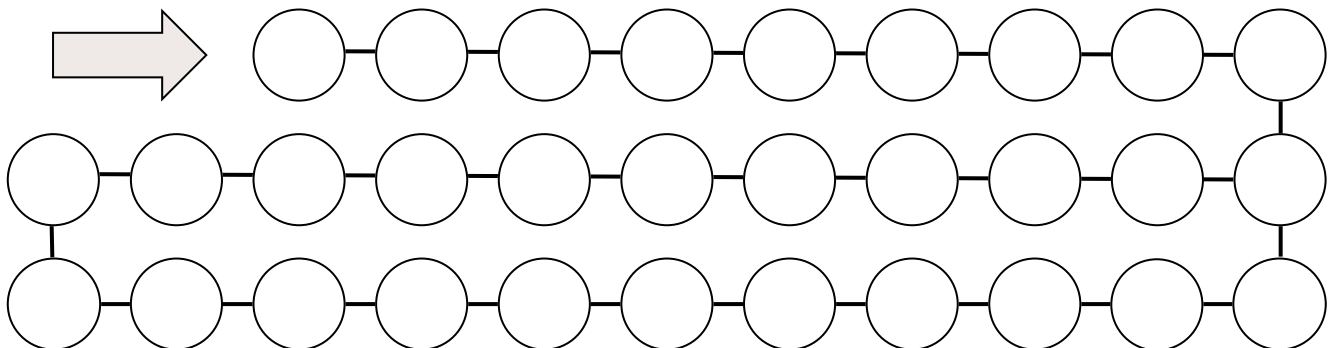
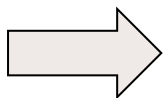
Social:

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I have...

- Supporters who will hold me accountable
- A script to decline drinks
- A social event exit strategy
- Replacement activities

Let's go!



# Dry January

# Weekly Check-In

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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NEXT WEEK I WANT TO

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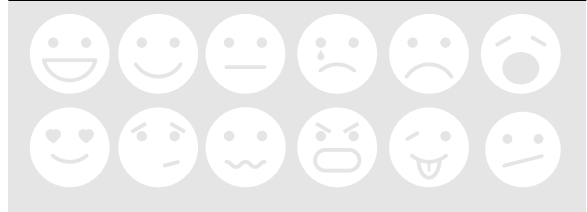
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THIS WEEK I FELT



MY RANKING OF THE WEEK



WHY?

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MOST DIFFICULT PART OF MY WEEK

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BEST PART OF MY WEEK

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