

SOBER OCTOBER TRACKER

One action a day. Tick the box, write one word about how it went. Slipped? Mark it honestly and keep going. The only way to fail is to stop tracking.

☐ **Tick** = alcohol-free **!** in the box = slipped (still counts, keep going) **Line** = one word: how today felt

MON	TUE	WED	THU	FRI	SAT	SUN
			1 ☐ Clear the space _____	2 ☐ Plan Friday 7pm _____	3 ☐ Say it out loud _____	4 ☐ Baseline check _____
5 ☐ Find your trigger hour _____	6 ☐ Replacement ritual _____	7 ☐ Count the savings _____	8 ☐ Pre-decide the weekend _____	9 ☐ Arrive with a drink _____	10 ☐ Try a new AF drink _____	11 ☐ Sleep report _____
12 ☐ Rewrite your why _____	13 ☐ 15-min craving drill _____	14 ☐ Send "14 days" _____	15 ☐ Energy audit _____	16 ☐ A real Friday plan _____	17 ☐ Use the morning _____	18 ☐ Money check _____
19 ☐ Spot the pattern _____	20 ☐ Fix one situation _____	21 ☐ Photo your tracker _____	22 ☐ Plan Halloween _____	23 ☐ Host, don't attend _____	24 ☐ Learn an AF recipe _____	25 ☐ Letter to Day 1 you _____
26 ☐ Think about November _____	27 ☐ Help someone _____	28 ☐ Final baseline _____	29 ☐ Set your November rule _____	30 ☐ Last Friday _____	31 ☐ HALLOWEEN Finish. Post it. _____	

 Week 1 · Set up  Week 2 · First real test  Week 3 · Notice what's changing  Week 4 · Finish strong

FILL IN EVERY SUNDAY

WEEKLY CHECK-IN

HARDER

Prove you can do hard things.

Five minutes, once a week. Numbers you can't argue with later.

WEEK BY WEEK

	WEEK 1 Sun, Oct 4	WEEK 2 Sun, Oct 11	WEEK 3 Sun, Oct 18	WEEK 4 Sun, Oct 25
Sleep (1-10)				
Energy (1-10)				
Money saved				
Hardest moment				
What helped				

MY RULES

My why (one sentence)

My default drink

My line when offered a drink

My witness (who sees my progress)

DAY 4 VS DAY 28

	DAY 4	DAY 28
Sleep		
Energy		
Total saved		

My November rule

If you drink heavily every day, or have had shaking, sweating, anxiety or confusion when you stopped before, talk to a doctor before stopping suddenly. This tracker is for people who want a break, not a substitute for medical care.