31 DAYS ALCOHOL-FREE · JAN 1 – 31, 2027

Dry January 2027

HARDER

31 days without alcohol. One small action a day.

MON	TUE	WED	THU	FRI	SAT	SUN

HOW IT WORKS

1. Do today's action. Most take under 5 minutes.
2. Fill in the check-ins on page 2 every Sunday.
3. Colour both circles. Each one counts on its own.

1
FRI · JAN 1
DAY 1
Write your why in one sentence
○ ALCOHOL-FREE
○ ACTION

2
SAT · JAN 2
Clear the house
○ ALCOHOL-FREE
○ ACTION

3
SUN · JAN 3
Pick your default drink
○ ALCOHOL-FREE
○ ACTION

4
MON · JAN 4
BASELINE
Baseline: rate sleep, energy, mood
○ ALCOHOL-FREE
○ ACTION

5
TUE · JAN 5
Open a savings pot
○ ALCOHOL-FREE
○ ACTION

6
WED · JAN 6
Tell one person
○ ALCOHOL-FREE
○ ACTION

7
THU · JAN 7
Plan Friday night now
○ ALCOHOL-FREE
○ ACTION

8
FRI · JAN 8
New Friday ritual
○ ALCOHOL-FREE
○ ACTION

9
SAT · JAN 9
Use the morning
○ ALCOHOL-FREE
○ ACTION

10
SUN · JAN 10
CHECK-IN
Week 1 check-in
○ ALCOHOL-FREE
○ ACTION

11
MON · JAN 11
Spot your triggers
○ ALCOHOL-FREE
○ ACTION

12
TUE · JAN 12
Replace the #1 trigger
○ ALCOHOL-FREE
○ ACTION

13
WED · JAN 13
Practise your "no thanks"
○ ALCOHOL-FREE
○ ACTION

14
THU · JAN 14
Try a new alcohol-free drink
○ ALCOHOL-FREE
○ ACTION

15
FRI · JAN 15
Go out and order first
○ ALCOHOL-FREE
○ ACTION

16
SAT · JAN 16
Move your body
○ ALCOHOL-FREE
○ ACTION

17
SUN · JAN 17
CHECK-IN
Week 2 check-in
○ ALCOHOL-FREE
○ ACTION

18
MON · JAN 18
Plan something good tonight
○ ALCOHOL-FREE
○ ACTION

19
TUE · JAN 19
Cook a proper dinner
○ ALCOHOL-FREE
○ ACTION

20
WED · JAN 20
Phone out of the bedroom
○ ALCOHOL-FREE
○ ACTION

21
THU · JAN 21
3 WEEKS
Three weeks: photo of your tracker
○ ALCOHOL-FREE
○ ACTION

22
FRI · JAN 22
Host: make drinks for friends
○ ALCOHOL-FREE
○ ACTION

23
SAT · JAN 23
Spend some savings on an experience
○ ALCOHOL-FREE
○ ACTION

24
SUN · JAN 24
CHECK-IN
Week 3 check-in
○ ALCOHOL-FREE
○ ACTION

25
MON · JAN 25
Letter to Day 1 you
○ ALCOHOL-FREE
○ ACTION

26
TUE · JAN 26
Learn one recipe to serve
○ ALCOHOL-FREE
○ ACTION

27
WED · JAN 27
Think about February
○ ALCOHOL-FREE
○ ACTION

28
THU · JAN 28
Help someone else
○ ALCOHOL-FREE
○ ACTION

29
FRI · JAN 29
Last Friday
○ ALCOHOL-FREE
○ ACTION

30
SAT · JAN 30
FINAL CHECK-IN
Final check-in
○ ALCOHOL-FREE
○ ACTION

31
SUN · JAN 31
FINISH LINE
Finish line: set your February rule
○ ALCOHOL-FREE
○ ACTION

Both circles count the same. Drank on a day? Mark it honestly, write the trigger on page 2, and make tomorrow alcohol-free. Miss once, never twice.

HARDER

My Dry January Plan

10 minutes between Christmas and New Year's Eve. The most important page.

MY WHY, IN ONE SENTENCE

"I want to know what my mornings feel like."

MY RULES

0.0% drinks are OK — ◯ Yes ◯ No

Cooking with alcohol is OK — ◯ Yes ◯ No

If I drink: I mark it, note the trigger and keep going.

MY DEFAULT DRINK

WHO KNOWS I'M DOING THIS

MY "NO THANKS" LINE

MY FIRST WEEKEND PLAN (SAT JAN 2 – SUN JAN 3)

TRIGGERS I NOTICED

When did you want a drink? Where, with whom, how did you feel?

Weekly check-ins

DAY	SLEEP 1–10	ENERGY 1–10	MOOD 1–10	MONEY SAVED	ONE WORD
Day 4 BASELINE					
Day 10 WEEK 1					
Day 17 WEEK 2					
Day 24 WEEK 3					
Day 30 FINAL					

If you drink heavily every day, or you've had shaking, sweating, anxiety or confusion when you stopped before, talk to a doctor before stopping suddenly. Alcohol withdrawal can be dangerous.

Savings Jar

HARDER

Colour one coin for every alcohol-free day. Watch the jar fill up.

Savings Jar · 31

1 FRI	2 SAT	3 SUN	4 MON	5 TUE
6 WED	7 THU	8 FRI	9 SAT	10 SUN
11 MON	12 TUE	13 WED	14 THU	15 FRI
16 SAT	17 SUN	18 MON	19 TUE	20 WED
21 THU	22 FRI	23 SAT	24 SUN	25 MON
26 TUE	27 WED	28 THU	29 FRI	30 SAT
31 SUN				

I USUALLY SPEND PER DAY (EST.)

TOTAL SAVED ON JAN 31

I'LL SPEND IT ON

WHAT CHANGED IN 31 DAYS

Sleep, mornings, money, how you feel about drinking.

MY FEBRUARY RULE

- ◯ Keep going alcohol-free
- ◯ Alcohol-free weekdays
- ◯ Max 2 drinks per occasion
- ◯ My own rule _____

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