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

31 Dry January 2027

31 days without alcohol. One small action a day.

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.

MON	TUE	WED	THU	FRI	SAT	SUN
				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.

01 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.

31 Savings Jar

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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