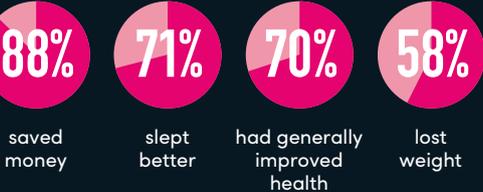


# YOUR DRY JANUARY<sup>®</sup> CALENDAR



Tick off your dry days and check out the amazing benefits of a month off alcohol. Past Dry January participants told us...



Download the free Try Dry app to track your Dry January and beyond. See your calories, units and money saved from not drinking, and use it year-round to help you drink more healthily. Visit [alcoholchange.org.uk/app](http://alcoholchange.org.uk/app)



If you drink very heavily or regularly Dry January may not be for you. If you have concerns about your current level of drinking, talk to your GP before starting the challenge.

Thank you to our sponsors for making this Dry January calendar possible.

# YOUR DRY JANUARY® CALENDAR

Tick off your teacup every day. If you want some extra motivation plus tips, info and stories, sign up for the official campaign at [alcoholchange.org.uk/dryjanuary](http://alcoholchange.org.uk/dryjanuary) or via Try Dry, the free app for Dry January and beyond.

<b>Time for some prep.</b> <b>1.</b> Write down your motivations to keep you going. <b>2.</b> Download the Try Dry app. <b>3.</b> Debooze your house!		<b>1 January</b> 	<b>2 January</b> Breaking habits can be tough, so why not find an alcohol-free alternative to fill the gap? There are lots of drink reviews on our website.	<b>3 January</b> 	<b>4 January</b> Here's to a hangover-free Saturday! Dry January doesn't mean you have to stay home. Why not go out and try something new this weekend?	<b>5 January</b> 
<b>6 January</b> 	<b>7 January</b> Wow, you're a whole week in! You might be starting to feel some of the benefits. If not, don't worry – your insides are thanking you!	<b>8 January</b> 	<b>9 January</b> 	<b>10 January</b> Have you noticed any cravings for alcohol? The average craving lasts only six minutes, so you distract yourself for a little and it will pass.	<b>11 January</b> 	<b>12 January</b> 
<b>13 January</b> 	<b>14 January</b> 	<b>15 January</b> Nearly half way! If your sleep pattern is a bit off, keep going and it will settle down, plus you'll start sleeping more deeply.	<b>16 January</b> 	<b>17 January</b> 	<b>18 January</b> Treat yourself! It's time to find something alcohol-free to reward yourself with. Why not use some of the cash you've saved to get yourself something?	<b>19 January</b> 
<b>20 January</b> 	<b>21 January</b> Three weeks alcohol-free! This is a big milestone, because for many people it takes just three weeks to break a habit. Well done you.	<b>22 January</b> 	<b>23 January</b> 	<b>24 January</b> What's going on inside your body? Drinking less leads to lower blood sugar, lower liver fat, reduced cholesterol and lower levels of cancer-linked proteins.	<b>25 January</b> 	<b>26 January</b> 
<b>27 January</b> What are your top three Dry January changes? If you're not sure, ask your friends, family or colleagues if they've noticed any.	<b>28 January</b> 	<b>29 January</b> 	<b>30 January</b> 	<b>31 January</b> You did it! Even if you had some slip-ups we bet you've learned about yourself, busted habits and started the year in the best way possible.	<b>1 February</b> <a href="http://alcoholchange.org.uk/dryjanuary">alcoholchange.org.uk/dryjanuary</a> <b>What's next?</b> Whether you want to go dry longer-term, cut down or go back to how you were drinking before, there's advice and stories on our website. You can also download your Dry January certificate, and donate to Alcohol Change UK – the charity behind Dry January.	