



Petal & Paper

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Dry January tracker



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31 DAYS ALCOHOL-FREE

Dry January

Why I am doing this

My main reason: _____

How I want to feel by 1st February:

My accountability partner:

What I will drink instead:

Week 1 (days 1–7)

Day 1: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 2: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 3: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 4: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 5: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 6: ☐ alcohol-free Sleep: ____/5 Energy: ____/5

Day 7: ☐ alcohol-free Week 1 done ✓ Notes: _____

Weeks 2–4

Week 2: ____ / 7 days alcohol-free Best change noticed: ____

Week 3: ____ / 7 days alcohol-free Best change noticed: ____

Week 4: ____ / 7 days alcohol-free Best change noticed: ____

Day 31: ☐ DONE Total alcohol-free days: ____

End of month reflection

Biggest benefit I noticed: _____

Sleep quality change: _____

Money saved: £____ Weight change: ____

Will I continue reduced drinking? yes / no / modified