

ABSTAIN FOR 30

30 DAY ALCOHOL FREE CHALLENGE



Commit to abstaining from alcohol for 30 days. X off each day you abstain from consuming alcohol.

01		02		03		04		05		06		07	
08		09		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	
29		30											