



Reducing risky drinking progress tracking calendar

Use this calendar to record your progress toward the goals you've set for yourself.

- Write your specific goal(s) for each day in the appropriate box and check them off when completed.

My overall reducing risky drinking goal(s) for this month:

Month:

| | | | | | | | | | | | | | |
|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|
| Day 1 | <input type="checkbox"/> | Day 2 | <input type="checkbox"/> | Day 3 | <input type="checkbox"/> | Day 4 | <input type="checkbox"/> | Day 5 | <input type="checkbox"/> | Day 6 | <input type="checkbox"/> | Day 7 | <input type="checkbox"/> |
| Day 8 | <input type="checkbox"/> | Day 9 | <input type="checkbox"/> | Day 10 | <input type="checkbox"/> | Day 11 | <input type="checkbox"/> | Day 12 | <input type="checkbox"/> | Day 13 | <input type="checkbox"/> | Day 14 | <input type="checkbox"/> |
| Day 15 | <input type="checkbox"/> | Day 16 | <input type="checkbox"/> | Day 17 | <input type="checkbox"/> | Day 18 | <input type="checkbox"/> | Day 19 | <input type="checkbox"/> | Day 20 | <input type="checkbox"/> | Day 21 | <input type="checkbox"/> |
| Day 22 | <input type="checkbox"/> | Day 23 | <input type="checkbox"/> | Day 24 | <input type="checkbox"/> | Day 25 | <input type="checkbox"/> | Day 26 | <input type="checkbox"/> | Day 27 | <input type="checkbox"/> | Day 28 | <input type="checkbox"/> |
| Day 29 | <input type="checkbox"/> | Day 30 | <input type="checkbox"/> | Day 31 | <input type="checkbox"/> | Notes | | | | | | | |