

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DRY

January



WHAT IS DRY JANUARY?

Dry January is a challenge, you cannot drink any alcohol for the whole of January! Some people choose to do a sponsored Dry January, to raise money for a charity, or maybe you just fancy giving it a go.