

MY DRINKING PLAN

DATES: _____ POWER STATEMENT: _____

PLAN A MINIMUM OF 24 HOURS AHEAD. REMEMBER: YOU ARE WORTH IT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVENTS:	EVENTS:	EVENTS:	EVENTS:	EVENTS:	EVENTS:	EVENTS:
POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:	POSSIBLE TRIGGERS:
# DRINKS PLANNED:	# DRINKS PLANNED:	# DRINKS PLANNED:	# DRINKS PLANNED:	# DRINKS PLANNED:	# DRINKS PLANNED:	# DRINKS PLANNED: