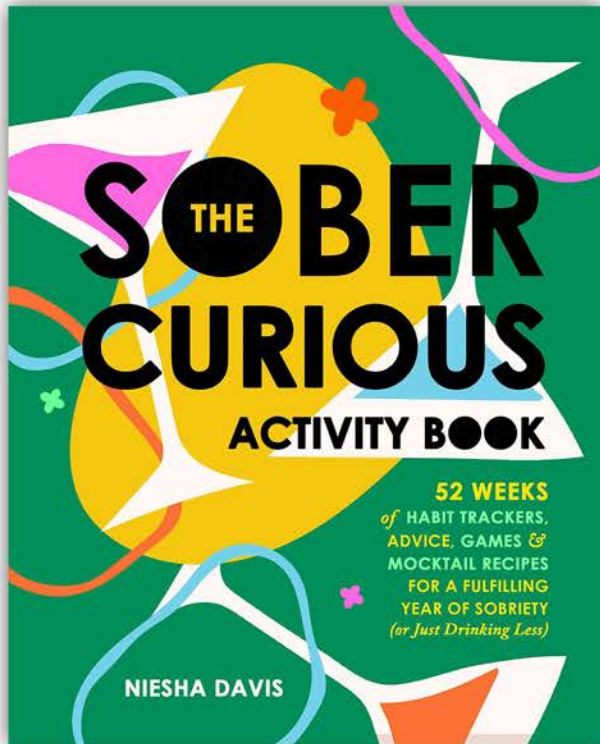


Are You Sober Curious?

Join the 25% of Americans over 21 who participated in dry January last year



Take the first step toward a healthier, happier you with friendly advice and interactive activities that encourage lifelong habits

Included in this book are

- Habit trackers
- Recipes, including great mocktails
- Daily exercises
- Games
- Coloring
- Vision boards
- Journaling, and much more!

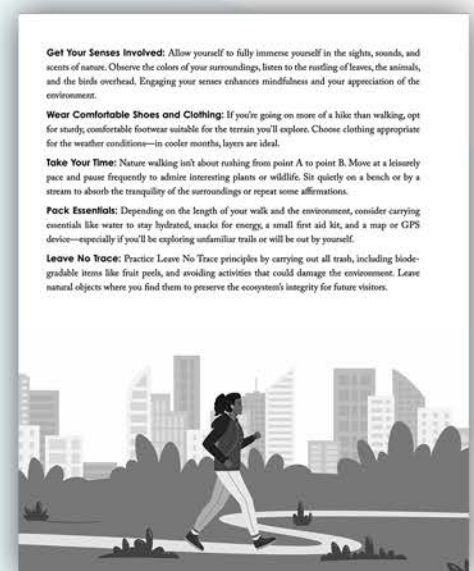
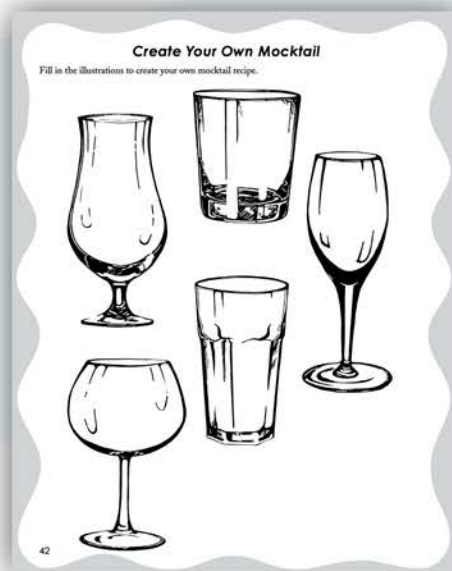
The Sober Curious Activity Book is an upbeat guide to a healthier lifestyle and the perfect companion for your journey to sobriety!

My Ideal Daily Routine

Use this page to schedule out your perfect daily routine. Use the blank space next to each time slot to write what you will do at that time. On your sober-curious journey, how much time will you dedicate to drinking alcohol, if any?

TIME	ACTIVITIES	MON	TUES	WED	THU	FRI	SAT	SUN
6 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 a.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 p.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 p.m.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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