


DRYVEMBER

The Christmas Pretox Challenge



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Congratulations – you’ve made a start	2	3	4	5 Bonfire night! Visit our Dryvember site for warming alcohol-free drink recipes	6 Remember to post #alcofree selfie for a chance to win prizes – get your friends to have a go too!	7
8 You can do it – a quarter of the way already	9	10 10 days in – hang on in there	11	12	13 Remember to post #alcofree selfie for a chance to win prizes – get your friends to have a go too!	14
15 Well done - you’ve reached the halfway mark!	16	17	18	19	20 Remember to post #alcofree selfie for a chance to win prizes – get your friends to have a go too!	21 10 days to go – keep it up
22	23	24 You’re on the final strait – December is less than a week away	25	26	27 Remember to post #alcofree selfie for a chance to win prizes – get your friends to have a go too!	28
29	30 You’ve made it! A big thank you for successfully completing the Dryvember Challenge	 <p>Please collect all your donations Did you know you can double what you raise when you donate via The Big Give between December 4th and 6th 2014 Please visit dryvember.com for details.</p> <p>Thank you again and we hope you have a great Christmas and New Year - you deserve it!</p>				