



FEBRUARY 2019

A 28-DAY ALCOHOL-FREE CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Update your personal page 1	NEED SUPPORT? Like our Facebook page! 2
Sober Bowl! 3	World Cancer Day 4	FUNDRAISING TIP: Email friends and family and ask for a donation 5	6	FUNDRAISING TIP: Share your page on social media 7	8	9
10	NEED SUPPORT? Post a funny photo or story on social media 11	12	13	Valentine's Ask for some love! ❤️ 14	15	FUNDRAISING TIP: Be a designated driver by donation 16
17	Family Day 18	19	20	21	7 days left! 22	FUNDRAISING TIP: Need a drink? Ask a friend to buy you out! 23
FUNDRAISING TIP: Remind friends and family to make a donation! 24	25	26	27	28	Congratulations— you did it!	