

HOW I FEEL...  
**BEFORE MY DRY JULY®**

I **feel** .....

.....

I **think** .....

.....

Right now, I'd like to do **more** .....

.....

Right now, I'd like to do **less** .....

.....

.....

**My** biggest challenge with Dry July will be...

HOW I FEEL...  
**AFTER MY DRY JULY®**

I **feel** .....

.....

I **think** .....

.....

I'm doing **more** .....

.....

I'm doing **less** .....

.....

The best part of Dry July for **me** was...

The best outcome for **my workplace** was...