

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...