No-Coffee Challenge

Thirty days without coffee. Cross off each day you make it.

30
DAYS

I am doing this because _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Drink instead

- [ ] Herbal tea
- [ ] Warm water with lemon
- [ ] Chicory or barley "coffee"
- [ ] Golden milk
- [ ] Sparkling water

For the first week

- [ ] Cut down gradually before day 1
- [ ] Drink extra water
- [ ] Go to bed 30 minutes earlier
- [ ] Walk when the afternoon slump hits

What I notice

_____

_____

_____

_____

Money saved

_____

_____