# 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

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## Money saved

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