

Sober October Tracker 2024

It's well-documented that excessive drinking can be detrimental to your health. Many people feel concerned about their drinking habits, even if they don't have alcoholism or substance use disorder. Problematic drinking exists on a large spectrum, but drinking too much can result in severe physical and mental health consequences. Some people choose to complete the Sober October challenge to see what life feels like when they stop drinking.

This alcohol tracker will help you track your efforts. Color the bubble for each day you don't drink alcohol to track your progress.

SUN	MON	TUES	WED	THUR	FRI	SAT
		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	31		



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Mindful Drinking Resources

Taking time off from drinking can offer a range of physical, mental, and emotional benefits. This break allows you to reset your relationship with alcohol, leading to improved cognitive function as your brain heals, better sleep quality with fewer disturbances, and stronger relationships as you become more present and engaged with loved ones. Additionally, abstaining from alcohol can enhance your mental health by alleviating symptoms of depression and anxiety, contributing to overall well-being.

Tips for Cutting Back on Alcohol

Use a Mindful Drinking App

[Mindful drinking apps](#) can help you become more aware of your habits and track your progress. These tools offer clinically recommended support for those looking to drink less.



Learn How to Drink Intentionally

[Mindful drinking](#) is choosing to drink intentionally within healthy limits rather than giving up alcohol entirely. It encourages a person to become aware of their body, thoughtful about their needs and the effect of alcohol, and focused on the present moment.



Additional Tips to Cut Back on Drinking

There are several strategies to help you [reduce your alcohol intake](#) effectively. Try these eight tips to learn how to cut back on your alcohol consumption.



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