

DoctorJeal 28 Day Challenges

28 Day Dry Challenge Scoring Sheet

GOAL	GOAL ACHIEVED	POINTS
GOAL 1	No Alcohol	1 point
GOAL 2	No Fizzy Drinks	+1 point
GOAL 3	No Caffeine	+1 point

Not completing the challenge for any day scores 0 points

DAY	GOAL 1	GOAL 2	GOAL 3	SCORE	DAY	GOAL 1	GOAL 2	GOAL 3	SCORE
1					8				
2					9				
3					10				
4					11				
5					12				
6					13				
7					14				
15					22				
16					23				
17					24				
18					25				
19					26				
20					27				
21					28				
29					31				
30									

Total Score	
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Min Score = 0
Max Score = 93

Join in at <https://doctorjeal.com/28-day-dry-challenge-challenge/>
[DoctorJeal.com](https://doctorjeal.com)