

Dry January 2027: *your 31-day tracker.*

Friday 1 to Sunday 31 January 2027. Five full weekends. One box a day, four Sunday check-ins, and a list of what to do instead when 6pm comes round.

Photo: Thomas Martinsen, CC0, via Wikimedia Commons (illustrative)

My why, in one sentence

Read it at 6pm. "I want my mornings back." "I want to know I can."

HOW TO USE IT

1. **Stick it on the fridge**, where the sticky note used to be.
2. **Tick one box each evening** for an alcohol-free day.
3. **Slipped? Draw a dot and carry on tomorrow.** A slip is not a reset. Do not restart from day 1.
4. **Every Sunday, five minutes:** a short check-in (four of them, below).
5. **Plan each weekend before it starts.** "I'll see how I feel" ends more dry months than any party.

January 2027

Tick = an alcohol-free day

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Day 1	2	3
4	5	6	7	8	9	10 Check-in 1
11	12	13	14	15	16	17 Check-in 2
18	19	20	21	22	23	24 Check-in 3
25	26	27	28	29	30	31 Check-in 4

Weekend (Fri to Sun) Sunday check-in Dot = a slip. Carry on tomorrow.

1 · Rest

1 to 3 Jan. A long walk in daylight, an early night.

2 · The test

8 to 10 Jan. Plan Friday evening to the hour.

3 · Something new

15 to 17 Jan. A class, a swim, a day trip.

4 · Social

22 to 24 Jan. Breakfast or lunch beats drinks.

5 · Keep

29 to 31 Jan. Choose three habits for February.

FREE COMPANY IN JANUARY

30 Quiet Days: one short email each morning.

Our free January programme, 1 to 31 January 2027: one small thing to try each day, and an optional daily check-in with Rowan, our AI assistant. You don't have to be sober to join.

thequietmonth.com/30-quiet-days

Save your free place there. Questions? Email info@thequietmonth.com

Four Sunday check-ins.

Be honest, not hard on yourself. A slip is information, not a confession.

Check-in 1 SUNDAY 10 JANUARY

Alcohol-free days so far: ____ / 10

My sleep this week: 1 2 3 4 5

The hardest moment, and what helped:

One small thing to change next week:

Check-in 3 SUNDAY 24 JANUARY

Alcohol-free days so far: ____ / 24

My energy in the mornings: 1 2 3 4 5

Something I noticed that I like:

My plan for the last weekend:

Check-in 2 SUNDAY 17 JANUARY

Alcohol-free days so far: ____ / 17

Money kept: ____ drinks not bought × ____ each = ____

What I did on Friday night instead:

Someone I can message on a hard evening:

Check-in 4 SUNDAY 31 JANUARY

Alcohol-free days: ____ / 31. Read your "why" again.

My three habits for February (drinking, mornings, evenings):

WHEN 6PM COMES ROUND

What to do instead.

- **Replace the signal, not just the drink.** Shower and change clothes: the day is over.
thequietmonth.com/journal/dry-january-2027-plan
- **A grown-up glass.** Sparkling water and lime in a heavy tumbler, or one of 30 ideas:
thequietmonth.com/journal/what-to-drink-instead-of-alcohol
- **Friday night plans,** 40 of them:
thequietmonth.com/journal/what-to-do-instead-of-drinking
- **Sleep feels strange in week one?** That is common.
thequietmonth.com/journal/sleep-without-alcohol
- **Seven small daily habits** to tick as well:
thequietmonth.com/planner
- **Walk round the block** at the time you would usually pour. Twenty minutes, any weather.
- **Eat earlier.** Hunger at 6pm sounds a lot like "I need a drink".
- **Friends who drink?** Say it before the waiter arrives: "I'm doing January off. Sparkling water with lime, thanks."
thequietmonth.com/journal/not-drinking-when-friends-drink
- **What to expect, week by week:**
thequietmonth.com/journal/what-happens-when-you-stop-drinking-for-a-month
- **Want to drink less, not stop?** thequietmonth.com/journal/damp-january

RATHER NOT DO IT ALONE?

Spend January 2027 somewhere quiet. Email Sami.

The Quiet Month starts on 1 January 2027: up to four guests, 21 or over, simple shared meals, daily movement, short meditations and long conversations. US\$10,000 for the month; you book your own flat. A free 20-minute video call first. Nothing is paid before a call and a signed agreement.

info@thequietmonth.com

Subject: "Dry January 2027". You get a reply within 48 hours.

More: thequietmonth.com/dry-january-2027

Safety first. If you drink heavily or every day, or feel shaky, sweaty or unwell when you go without a drink, **see a doctor before you stop.** Stopping suddenly can be dangerous. If you keep slipping, or can't stop when you want to, talk to your doctor: asking for help is a strong move. In a crisis, call your local emergency number, or find a free helpline at findahelpline.com.

Not a medical service. The Quiet Month is a healthy-living month. It is not therapy, and not medical or psychological treatment. Keep your own doctor. Dry January is a registered trademark of Alcohol Change UK. This tracker and The Quiet Month are not linked to the charity; its free Try Dry app is worth a download. Sami Adham is a professional name. The photo is an illustrative free-licence image. Free to print, share and forward. © 2026 The Quiet Month · thequietmonth.com