THE RDO CHALLENGE

		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
NAME	GOAL	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	ACTUAL
John D	26	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	24

✓ RDO OR ALCOHOL FREE DAY ✗ HAD A DRINK

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