



# THE RDO

(Rostered Drink Off)

# CHALLENGE



Participants in The RDO Challenge pledged to take a number of RDOs\* over a 30-day period to change the way they consume alcohol.

(\* RDO = a Rostered Drink Off or alcohol free day)



**15**  
SITES



**90**  
SENIOR MANAGERS



**100**  
WORKERS

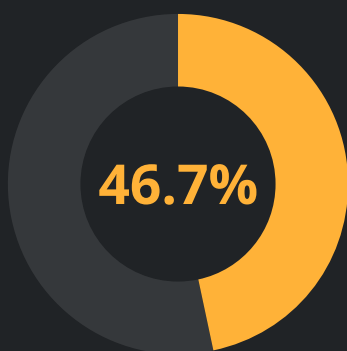
NOV - DEC, 2018						
M	T	W	T	F	S	S
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11					

**1800**  
RDOs

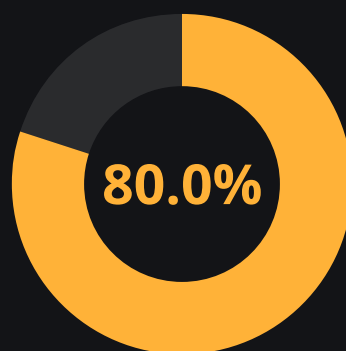


On average, participants pledged to take 20.3 RDOs, and actually took 17.6 RDOs.

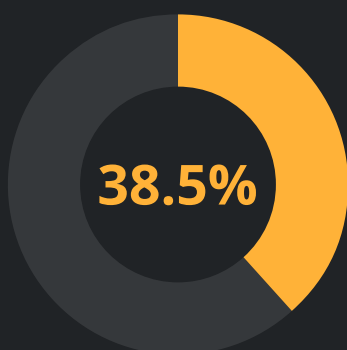
When the challenge was completed the participants were surveyed.



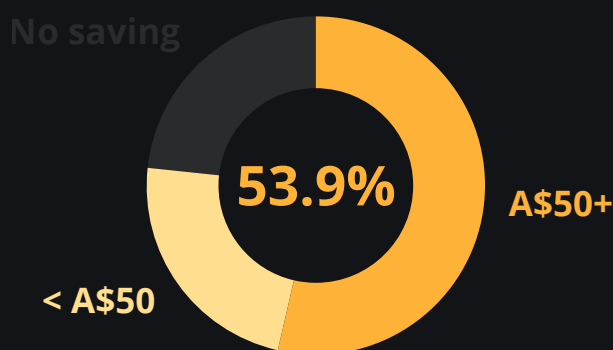
Almost half reported feeling pressured to drink.



Four out of five had a conversation about alcohol.



More than a third said they were more productive.



More than half said they saved more than \$A50.