THE RDO CHALLENGE 1-31 Oct 2019

NAME	GOAL	T 1	W 2	T 3	F 4	S 5	S 6	M 7	T 8	W 9	T 10	F 11	S 12	S 13	M 14	T 15	W 16	T 17	F 18	S 19	S 20	M 21	T 22	W 23	T 24	F 25	S 26	S 27	M 28	T 29	W 30	T 31	ACTUAL
John D	26	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	25

✓ RDO OR ALCOHOL FREE DAY ✗ HAD A DRINK

countme-in.com.au/rdo

supported by VicHealth™ reece group™