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## 50 Days Sober

50 days without alcohol, a brave challenge you have taken on!

Day 1 	Day 2 	Day 3 
Day 4 	Day 5 	Day 6 
Day 7 	Day 8 	Day 9 
Day 10 	Day 11 	Day 12 
Day 13 	Day 14 	Day 15 
Day 16 	Day 17 	Day 18 
Day 19 	Day 20 	Day 21 
Day 22 	Day 23 	Day 24 

Day 25 	Day 26 	Day 27 
Day 28 	Day 29 	Day 30 
Day 31 	Day 32 	Day 33 
Day 34 	Day 35 	Day 36 
Day 37 	Day 38 	Day 39 
Day 40 	Day 41 	Day 42 
Day 43 	Day 44 	Day 45 
Day 46 	Day 47 	Day 48 
Day 49 	Day 50 	<b>WELL DONE!</b>

## Some ideas for while you're doing the challenge...

- Ask your friends to sponsor you for your challenge
- Designated driver? Ask for a donation!
- Lazy friends? Offer to go to the bar for them, for an extra donation of course!

## Would you like a drink at a special occasion in the middle of the challenge?

Do you have a special occasion to go? Would you love to have an alcoholic drink while you're there?

Well we can be lenient...for a price!

For a small fee of £10, you can purchase yourself a golden ticket which you can use at any point during the 50 day challenge.

However, it is only valid for 4 hours! Call the office on 0333 1212 300 or email [events@downs-syndrome.org.uk](mailto:events@downs-syndrome.org.uk) if you wish to know more!

