
























Challenge 21

21 Days Sober

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

Tick the pint glass for each day you complete. Why not share your progress or perhaps your alternative non-alcoholic beverages on Instagram using the hashtag #Challenge21

[@downs_syndrome_association](#)

| | | |
|--|--|--|
| 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  |



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 21 day challenge.

However, it is only valid for 4 hours! Call the office on 0333 12 12 300 or email events@downs-syndrome.org.uk if you wish to know more!

