

Sight Life's



Detox and Do Good  
Support Sight Life This January!


# Tracker

Ditch It, Switch It, Make January Count!

What will you Junk in January?

Track  
your  
daily  
success

Write your goal here: \_\_\_\_\_

|    |  |    |    |    |
|----|--|----|----|----|
| 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 |
| 11 | 12   | 13 | 14 | 15 |
| 16 | 17   | 18 | 19 | 20 |
| 21 | 22   | 23 | 24 | 25 |
| 26 | 27   | 28 | 29 | 30 |
| 31 | <p><i>Well done! You did it!</i></p>  |    |    |    |

[www.sightlife.wales/junk-it-4-january](http://www.sightlife.wales/junk-it-4-january)

[www.justgiving.com/campaign/junkit4january](http://www.justgiving.com/campaign/junkit4january)

#junkit4january