

The 14-Day Alcohol Reset

A simple experiment for sleep, energy, hydration, mood, pain, stiffness, and digestion

HOW IT WORKS

- 1. Complete 14 consecutive days with zero alcohol, including two weekends.
- 2. Keep medications, supplements, food, and exercise as consistent as real life allows.
- 3. Complete the daily table at about the same time. Quick answers are enough.
- 4. If you drink, record it without judgment and restart when you are ready for 14 consecutive days.

Safety: If you drink heavily, drink daily, or have had withdrawal symptoms, talk with a clinician before stopping abruptly.

BEFORE YOU BEGIN

Start date

End date

Usual drinks/week

Baseline scores (0-10)

Higher fatigue, stiffness, and pain scores mean worse.

Sleep

Energy

Fatigu

Hydrat

Mood

Stiffn

Pain

Digest

The change I most want to notice:

My alcohol-free order or social plan:

AFTER 14 DAYS

Compared with baseline, what felt better?

Alcohol-free days

/ 14

☐ Sleep

☐ Energy

☐ Fatigue

☐ Hydration

☐ Mood

☐ Stiffness

☐ Pain

☐ Digestion

Clearest pattern:

What did not change:

Hardest situation or craving:

What helped me follow the plan:

My next alcohol boundary:

One Minute a Day

Scores are 0-10. Digestion and Overall: B = better, S = same, W = worse.

DAY	DATE	AF	SLEEP	ENERGY	FATIGUE	HYDR.	MOOD	STIFF.	PAIN	DIGEST.	OVERALL
1		☐									
2		☐									
3		☐									
4		☐									
5		☐									
6		☐									
7		☐									
8		☐									
9		☐									
10		☐									
11		☐									
12		☐									
13		☐									
14		☐									

AF = alcohol-free

Do not overthink the numbers. Consistency matters more than perfect scoring.

NOTES OR PATTERNS I NOTICED