

Sheetsu

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Merci d’avoir choisi ce journal.

Sobriety Tracker
- By HinSheetsu

Journal de sobriété
- par HinSheetsu

US Version

UK Version

Version française

Start date	Approx. weight (lbs)	Drinks per week	Average drink price
10/23/2025	165	16	$5.00

This is all the information you need to fill in before getting started.

Each version (US, UK, FR) uses its own local units, so you can use the sheet easily without worrying about conversions.

Voici les seules informations à renseigner avant de commencer.

Chaque version (US, UK, FR) utilise ses propres unités locales, pour que vous puissiez l’utiliser facilement sans vous soucier des conversions.

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