

# Things to Do to Prepare for a Booze Vacation

## Commit to take an extended break

Deciding to commit is the hardest part. Once you do, the sky's the limit.

## Decide how long you will go

Minimum recommended Vacation length is 3 months. Go for 12 months for maximum results.

## Tell a family member (spouse if you're married) and a close friend or two

While you can expect some resistance here, telling people is a way to show your commitment and burn your ships.

## Decide what to say when someone invites you out or offers you a drink

Not being ready for this could torpedo your Vacation. Be ready.

## Write down your goals

Each dude has unique goals and motivations for taking a Vacation. Make sure you articulate yours.

## Take your "Before" Pic

By going on Vacation, you're going to start looking and feeling better. You'll want a before pic to look back on so you can see the change.

## Budget your beer money for other things

Not drinking means you'll have more cash in your pocket. Planning ahead how you can use it on Vacation will set you up for massive success.

## Plan how you'll improve your diet and lifestyle

Just "not drinking" won't get you the massive gains you're looking for. Instead, use your time off the sauce as leverage to massively upgrade your life. The more you can improve your diet and lifestyle, the better off you'll be.

## Talk to Your Doctor

If you've been drinking heavily for years (10-15+ drinks/week), there's a chance the first couple weeks could be medically dangerous while your body cleanses itself and heals.

# Every dude deserves a Vacation.

Taking a 3-12 month break from drinking is all upside, no downside.

Guys that take one improve their health and performance...and in the process get a whole lot smarter with their drinking for the long haul.

*You ready? Awesome.*

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Here's how to start your Vacation:

1. Head to our sign up page by clicking below
2. Take a minute or two to answer a few questions
3. Click 'submit' and make your break official

[I'm Ready To Start My Break](#)