

Day

Glass #1

Glass #2

1	1 2	2	1 2	3	1 2	4	1 2	5	1 2
6	1 2	7	1 2	8	1 2	9	1 2	10	1 2
11	1 2	12	1 2	13	1 2	14	1 2	15	1 2
16	1 2	17	1 2	18	1 2	19	1 2	20	1 2
21	1 2	22	1 2	23	1 2	24	1 2	25	1 2
26	1 2	27	1 2	28	1 2	29	1 2	30	1 2

Should Not Exceed Moderate Consumption Levels Generally Referred By Health Officials As:

1 Glass Per Day For Women

1-2 Glasses Per Day For Men

---

Download Additional Calendar Pages At - [DailyWine.org](http://DailyWine.org)