

MY WEEK

One box a day. Sober today is the goal that matters.

- 1** Fill in your day each evening.
- 2** Tick what you did.
Circle your mood: 1 awful, 5 great.
- 3** Tick sober if it's true.
Be honest.

MON

GOAL

One thing for today

GRATEFUL FOR

NOTES

☐ Prayed/Meditated

☐ Read

☐ Helped Someone

☐ Exercised

☐ Talked

MOOD

1

2

3

4

5

SOBER TODAY

☐

TUE

GOAL

One thing for today

GRATEFUL FOR

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SOBER TODAY

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SOBER TODAY

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MY WEEK

The rest of the week and a craving you rode out.

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SOBER TODAY

☐

A CRAVING I RODE OUT

How strong it was out of 10, before and after

BEFORE /10

AFTER /10

HOW LONG

WHAT I DID

HINT Talked means a real conversation with someone, not a text. Mood: 1 is awful, 5 is great. A bad day written down honestly still counts. A run of empty boxes is a quiet sign turning up early.