

Recovery Diary

Date: _____

Goals for Today: (state in concise measurable terms)

Goal 1:

End of Day Review: Goal 1 Completed? Yes ____ No ____ Notes: _____

Goal 2:

End of Day Review: Goal 2 Completed? Yes ____ No ____ Notes: _____

DAILY RECOVERY IN ACTION

TODAY'S RECOVERY IN ACTION	YES	NO	ACTION REQUIRED
Abstained from my addiction(s)			
Attended a meeting/counseling/Dr. Appt.			
Worked on step work/recovery assignments			
Talked to my sponsor/accountability partner			
Prayer or meditation/spiritual growth activity			
Service Work/Helped another person(s)			
Took prescribed medication as prescribed			
Maintained Integrity			