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## **Recovery Diary**

Date:	<del></del>					
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			

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