

Date:	Intention for Today:		
What's going on for me today?			
Breakfast		Plan for Day	What did I do to strengthen my recovery?
Protein	5:00		Follow food Plan
grain/starch	5:30		Accurate W&M
fruit	6:00		Drink Water
dairy	6:30		Exercise
fat	7:00		Sleep 8 hours
	7:30		Prayer
Lunch	8:00		Meditation
protein	8:30		Literature
grain/starch	9:00		Gratitude List
veggie	9:30		Forgiveness sheets
veggie	10:00		Step Work
fat	10:30		Circles
	11:00		God Consciousness
Dinner	11:30		Phone calls/email/texts
protein	12:00		Sponsor Contact
grain/starch	12:30		Service
veggie	1:00		Meeting
veggie	1:30		What did I do to weaken my recovery?
fat	2:00		
	2:30		Relapse Warning Signs
Metabolic	3:00		Ego problems
dairy	3:30		Compulsive Behavior
fruit	4:00		Permission Giving
	4:00		Not making time for me
Gratitude List	4:30		HALT
1	5:00		Toxic Feelings
2	5:30		Missing meetings
3	6:00		Judging/criticizing/blaming
4	6:30		Unnecessary spending
5	7:00		Obsessing about work
6	7:30		Deviating from food plan
7	8:00		Not checking labels
8	8:30		Not doing step work
9	9:00		Not planning, scheduling, preparing
10	9:30		Overwork/procrastination
	10:00		Not using daily planner
Thought for Today:			
Affirmation:			