Daily Recovery Tracking for Month _____



Recovery Activities = +1 Relapse Activities = -1
For activity list see http://pornfreeradio/105

Total your activities each day. If you have zero recovery activities for the day, add -1.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

 $^{{}^*}For\ a\ day\ with\ a\ negative\ score,\ write\ down\ any\ powerful\ feelings\ or\ triggers\ experienced.$