

It Takes a Family
 A Cooperative Approach to Lasting Sobriety
Debra Jay

Daily Recovery Checklist

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|------------------------------------|------|-------|------|--------|------|------|------|
| Twelve Step Meeting and Home Group | | | | | | | |
| Daily Reading | | | | | | | |
| Twelve Step Sponsor | | | | | | | |
| Service Work | | | | | | | |
| Step Work | | | | | | | |
| Fellowship | | | | | | | |
| SFR Meeting | | | | | | | |
| SFR Assignment | | | | | | | |
| Accountability Partner | | | | | | | |
| Recovery Trigger | | | | | | | |