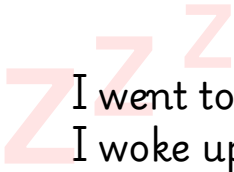
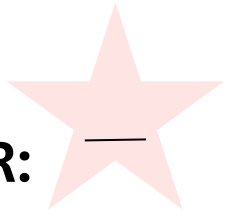


DATE: \_\_\_\_\_

NUMBER OF  
DAYS SOBER: \_\_\_\_\_



I went to bed at: \_\_\_\_\_

I woke up at: \_\_\_\_\_

I had \_\_\_\_\_ hours sleep.

Cross off each hour you chose sober:

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24

**TODAY I CHOOSE...** (what are your goals for today?) \_\_\_\_\_

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**TODAY'S  
SCORE  
IS:**

/10



*"The only person you  
are destined to become  
is the person you  
choose to be"*

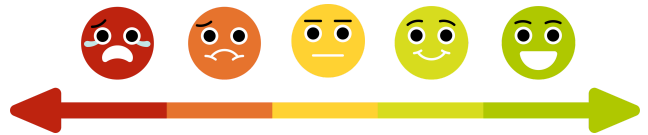
**WHAT'S MY PLAN FOR  
TOMORROW?**

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**WHAT WENT WELL TODAY?**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

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**THANK YOU**

Today I am  
grateful for...

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