

Recovery Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I attended an AA/NA meeting.							
I attended a dual recovery or depression support group meeting.							
I talked with my sponsor.							
I talked with another person in my social support system (family or friend).							
I socialized with other people.							
I practiced changing depressed and negative thoughts.							
I practiced making positive statements about myself or my life.							
I attended a session with my doctor, therapist, or treatment group.							
I took medication for my depression.							
I prayed or used my Higher Power.							
I got physical exercise.							

Recovery Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I read recovery literature (on depression, addiction, or dual recovery).							
I wrote in a recovery journal or finished a workbook assignment.							
I participated in a pleasant or fun activity.							
I coped with desires to use alcohol or drugs							
I practiced positive thinking about my recovery.							
I set a goal for the day.							
I reviewed my day to track my progress.							