

B	I	N	G	O
Took meds as prescribed today	Attended an Art Group this month	Attended a recovery group this week	Has done yoga this month	Reached out for help this month
Listens to music as a coping skill	Has a relapse prevention plan	Successfully refused drugs/alcohol this month	Meditates as a coping skill	Slept between 5-9 hours last night
Tried a new coping skill in the last 3 months	Exercised this week	FREE	Made a life change this year	Hit a milestone this week
Is in recovery	Rewarded yourself this month	Laughed this week	Owens a pet	Said NO to attending a high risk even in the last 3 months
Has seen their PCP this year	Made a healthy food choice this week	Has helped a peer this month	Has 1 month sober/clean	Exercised at least 3x this week

B	I	N	G	O
Slept between 5-9 hours last night	Has 1 month sober/clean	Reads as a coping skill	Hit a milestone this week	Exercised this week
Is in recovery	Successfully refused drugs/alcohol this month	Exercised at least 3x this week	Tried a new coping skill in the last 3 months	Attended an Art Group this month
Made a life change this year	Reached out for help this month	FREE	Made a healthy food choice this week	Is taking a trip before the year ends
Listens to music as a coping skill	Has a relapse prevention plan	Has done yoga this month	Met a new supportive friend this month	Uses writing as a coping skill
Meditates as a coping skill	Rewarded yourself this month	Has a musical talent for a coping skill	Owens a pet	Attended a recovery group this week

B	I	N	G	O
Laughed this week	Has a relapse prevention plan	Made a life change this year	Took meds as prescribed today	Has 1 month sober/clean
Volunteered or Donated time/objects this month	Uses writing as a coping skill	Has a sponsor	Exercised at least 3x this week	Reached out for help this month
Meditates as a coping skill	Has a year sober/clean	FREE	Attended an Art Group this month	Tried a new coping skill in the last 3 months
Listens to music as a coping skill	Has a musical talent for a coping skill	Is in recovery	Has done yoga this month	Exercised this week
Hit a milestone this week	Has seen their PCP this year	Owens a pet	Met a new supportive friend this month	Rewarded yourself this month