

S	O	B	E	R
Quit nicotine along with other substances	Attended a support group meeting in past 24 hours	Ate 3 BALANCED meals and 1 snack yesterday	Have attended Al-Anon	Made bed this morning
Have participated in DBT Group and individual therapy	Have a birthday in the current month	Participant in spiritual/faith community	Know the Serenity Prayer	Done at least 5 minutes of physical exercise in past 24 hours
Participant in drug court	Slept 8 hours last night	FREE	Finished Step Four	Have attended a sober dance
Participant in mental health court	Have experienced a blackout	Offered to help a peer today without being asked	Have fewer than 30 days clean/sober	Know what PAWS stands for
Know what SMART stands for in setting goals	Have attended SMART Recovery group	Have attended NA group	Have played a game with peers in past 3 days	Have attended Celebrate Recovery

S	O	B	E	R
Going to IOP after residential	Going to sober living after residential	In first ten days of treatment	Have participated in DBT Group and individual therapy	Have had no caffeine for at least 24 hours
Finished Step Four	Participant in mental health court	Meditated this morning	Have attended a sober dance	Have been clean/sober 60 days or longer
Participant in spiritual/faith community	Done at least 5 minutes of physical exercise in past 24 hours	FREE	Slept 8 hours last night	Attended a support group meeting in past 24 hours
Know the Serenity Prayer	Made bed this morning	Have played a game with peers in past 3 days	Have experienced a blackout	Have a favorite recovery-related movie
Have attended Al-Anon	Know what PAWS stands for	Know what SMART stands for in setting goals	Know what HALT stands for	Own a recovery-related book

S	O	B	E	R
Going to IOP after residential	Has a current therapist	Know what PAWS stands for	Have participated in DBT Group and individual therapy	Have a birthday in the current month
Know what SMART stands for in setting goals	Have played a game with peers in past 3 days	Attended a support group meeting in past 24 hours	Have attended a sober dance	Ate 3 BALANCED meals and 1 snack yesterday
Have had no caffeine for at least 24 hours	In first ten days of treatment	FREE	Quit nicotine along with other substances	Going to sober living after residential
Write in a journal	Working with a sponsor	Have a favorite recovery-related movie	Finished Step Four	Meditated this morning
Know the Serenity Prayer	Have attended AA group	Slept 8 hours last night	Done at least 5 minutes of physical exercise in past 24 hours	Made bed this morning