

S	O	B	E	R
Relative in active recovery	5 minutes physical exercise in past 24 hours	Day of birthday odd number	Know what HALT stands for	Have longer than 90 days clean
Attended Wellbriety	Practiced prayer today	In treatment 2 months or longer	Attended AA	Own recovery-related book
Self-help support group in past 24 hours	Attended Al-Anon	FREE	Has a sponsor	Has fewer than 60 days clean/sober
Meditated today	Have 60-90 sober/clean	Know Serenity Prayer	Drug Court	In first two weeks of treatment
Attended NA	Made bed this morning	Current therapist	Spiritual/Faith community	Day of birthday even number

S	O	B	E	R
Self-help support group in past 24 hours	Spiritual/Faith community	Attended AA	Have 60-90 sober/clean	Attended Wellbriety
Know what HALT stands for	Has fewer than 60 days clean/sober	Day of birthday odd number	In first two weeks of treatment	Attended Al-Anon
Has a sponsor	5 minutes physical exercise in past 24 hours	FREE	Drug Court	Know Serenity Prayer
Day of birthday even number	Relative in active recovery	Current therapist	Meditated today	Attended NA
Have longer than 90 days clean	Favorite recovery-related movie	Own recovery-related book	In treatment 2 months or longer	Practiced prayer today

S	O	B	E	R
Meditated today	Drug Court	Self-help support group in past 24 hours	Day of birthday even number	Know what HALT stands for
Made bed this morning	Own recovery-related book	Spiritual/Faith community	Have 60-90 sober/clean	Attended Al-Anon
Know Serenity Prayer	Attended AA	FREE	Has a sponsor	Day of birthday odd number
Favorite recovery-related movie	Have longer than 90 days clean	Attended NA	5 minutes physical exercise in past 24 hours	Relative in active recovery
Practiced prayer today	In treatment 2 months or longer	Has fewer than 60 days clean/sober	In first two weeks of treatment	Current therapist