

Weekly Recovery Activity Checklist

It is helpful to monitor the degree to which clients are involved in weekly activities that support long-term recovery. The checklist on the following page is designed to be used as a self-assessment instrument or can be reviewed in an interview format.

Weekly Recovery Activity Checklist

In the space below, place a check mark before each activity that reflects your activities during the past seven days.

- I set personal positive goals for myself this week.
- I attended at least one recovery support group this past week.
- I had individual contact with my sponsor this week.
- I applied recovery concepts to my daily life this week.
- I spent leisure time with others in recovery this week.
- I enjoyed time with friends this week who support my recovery.
- I successfully avoided people, places and things I associate with my addiction.
- I tried to do something positive to improve my relationship with my spouse/partner this week.
- I had positive contact with my children this past week.
- I read recovery-related literature this week.
- I carry one or more objects with me every day that remind me of my commitment to recovery.
- I called or visited someone in recovery this week.
- My diet and exercise this past week will enhance my physical health.
- I tended to any physical problems I experienced this past week.
- I had a good week at school or work.
- It was a good week emotionally for me.

After reviewing my activities this past week, I want to make sure I do the following this next week.

1. _____
2. _____
3. _____
4. _____