

Remember that doing your "Dailies" is about finding balance. Without balance you will be unsuccessful in recovery.

WEEK OF	
WEEKUE	

ACTIVITY (Physical, Spiritual, Emotional, Relationships)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL

WEEK OF		

ACTIVITY (Physical, Spiritual, Emotional, Relationships)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL

WFFK OF	

ACTIVITY (Physical, Spiritual, Emotional, Relationships)	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL