

SOBRIETY CHECKLIST

The sobriety checklist will help you get started in recovery and track your progress. As you complete each task, simply place a “√” in the box next to each item completed. Checking the boxes will provide a visual of your actions and progress. Here’s how the checklist is organized:

Part 1: 12 Step Related & Other Recovery Activity checklists.

- Following the order of the items is recommended, but not mandatory. Consistent progress *is* important.

Part 2: Meetings, Phone Numbers, and Calls checklists

- Checklists to track your first 90 meetings and phone calls
- Checklist to track collection of up to 10 phone contacts

Part 3: Sobriety “Chips” & Step work with Sponsor checklists

Here is the recovery activity for you to follow. Information on many of the checklist items is found on the reverse side of this page. As you begin going to meetings and making phone calls to your sober support system, you can track them separately on the next 2 panels. You can also track your sobriety “chips” and the step work you do with your sponsor on the third panel of the checklist.

Part 1: 12 Step Related & Other Recovery Activity

√	12 Step Related Activity
	Called AA, NA, or CA to identify 1 st meeting to attend
	Went to 1 st meeting (Don't drive under the influence)
	Took “Welcome Chip” (1 st meeting – see panel 3)
	Got meeting directory (1 st meeting)
	Planned weekly meeting schedule (Use the directory)
	Got phone list at meeting (1 st meeting if you can)
	Got basic text of program of your choice (1 st wk if you can)
	Made 1 st phone call (Track calls on panel 3 of this page)
	Went to meeting #2 (Track meetings on next panel)
	Shared at meeting
	Started looking for sponsor
	Purchased 12 & 12 book
	Purchased morning meditation book
	Developed/started morning recovery routine
	Took meeting commitment (when opportunity arises)
	Shook a newcomer’s hand
	Got a sponsor
	Did something fun

√	Other Recovery Activity
	Safely disposed of all alcohol, drugs, and paraphernalia
	Considered professional counseling
	Started daily feelings journal (write feelings down daily)
	Wrote gratitude list (recommended when negativity arises)
	Wrote goodbye letter (to your drug of choice)
	Started p.m. recovery routine (reading, prayer, journaling...)
	Started exercise program (consult doctor regarding health)
	Did something else fun

Part 2: Meetings, Phone Numbers, and Calls

Meetings - Check one box for each meeting you attend.

90 MEETINGS											
√	#	√	#	√	#	√	#	√	#		
	1		16		31		46		61		76
	2		17		32		47		62		77
	3		18		33		48		63		78
	4		19		34		49		64		79
	5		20		35		50		65		80
	6		21		36		51		66		81
	7		22		37		52		67		82
	8		23		38		53		68		83
	9		24		39		54		69		84
	10		25		40		55		70		85
	11		26		41		56		71		86
	12		27		42		57		72		87
	13		28		43		58		73		88
	14		29		44		59		74		89
	15		30		45		60		75		90

Phone Numbers - Check one box for each phone number you get.

√	Name	Phone #'s (optional)
	#1	()
	#2	()
	#3	()
	#4	()
	#5	()
	#6	()
	#7	()
	#8	()
	#9	()
	#10	()

Phone calls - Check one box for each phone call you make.

	√		√		√		√		√		
	#1		#16		#31		#46		#61		#76
	#2		#17		#32		#47		#62		#77
	#3		#18		#33		#48		#63		#78
	#4		#19		#34		#49		#64		#79
	#5		#20		#35		#50		#65		#80
	#6		#21		#36		#51		#66		#81
	#7		#22		#37		#52		#67		#82
	#8		#23		#38		#53		#68		#83
	#9		#24		#39		#54		#69		#84
	#10		#25		#40		#55		#70		#85
	#11		#26		#41		#56		#71		#86
	#12		#27		#42		#57		#72		#87
	#13		#28		#43		#58		#73		#88
	#14		#29		#44		#59		#74		#89
	#15		#30		#45		#60		#75		#90

Part 3: Sobriety “Chips” & Step-work with Sponsor

“Chips” (a coin, key chain, marble, etc.) are given in celebration of days without any mind-altering substances. Chips are given at meetings for 30, 60, and 90 days, 6 months, 9 months, one year, and multiple years of sobriety (AKA “birthdays”). Many meetings acknowledge birthdays by providing a cake with candles and singing “Happy Birthday.” “Welcome” chips for attendees who are attending for the first time are also given.

Sobriety “Chips”	
√	
	Welcome chip
	30 day chip
	60 day chip
	90 day chip
	6 month chip
	9 month chip
	1-year chip/cake

Working the 12 Steps will result in the peace and serenity necessary for long-term recovery. They are a systematic way of developing a spiritual program and a manner of living that holds up to any problem you may be confronted with. I recommend following your sponsor’s direction in working them to attain the same gifts that attracted you to your sponsor.

√	Step-work with Sponsor	√
	Step 1	Step 7
	Step 2	Step 8
	Step 3	Step 9
	Step 4	Step 10
	Step 5	Step 11
	Step 6	Step 12