

Recovery Progress Tracker

Week Of (Date)	Successes & Wins	Challenges and Obstacles	Self-Rating (1-10)	Action Steps for Next Week

Monthly Reflection

Month: _____

Major Achievements this month:

Lessons Learned:

Key challenges faced this month:

Goals for next month:

Celebration and Encouragement

This month I'm proud of:

.....
I will reward myself by:

.....