

Daily Tracking Sheet

Date _____

Mo Tu We Th Fr Sa Su

Instructions: Use this sheet to track your day. The goal is to build awareness, not to judge yourself. Tracking helps spot patterns and build healthier routines over time.

How am I feeling this morning?

 Great  Good  Okay  Not good  Awful

Substance Use Log

Did you use any substances today?

☐ Yes ☐ No

If Yes:

What did you use? _____

How much? _____

What time? _____

What was your urge before using? (0-10) _____

What was your urge after using? (0-10) _____

Trigger Check

Did anything trigger your urge to use?

☐ Yes ☐ No

If Yes:

What was the trigger (e.g., stress, boredom, social pressure)? _____

Where were you? _____

Who were you with? _____

Coping Strategy Used

What did you do to manage the urge or emotion?

☐ Deep Breathing ☐ Journaling

☐ Called Someone ☐ Walked

☐ Distracted myself ☐ DBT/CBT Skill: _____

Routine and Self-Care Check-In

Did you eat today? ☐ Yes ☐ No

Skipped Meals? ☐ Yes ☐ No

Did you sleep well? ☐ Yes ☐ No

Any exercise or movement? ☐ Yes ☐ No

Positive Activity you did today:

Reflection Notes

Something that went well today:

Something I want to do differently tomorrow:

