

Daily Recovery Checklist

Your Personal Guide to Sustainable Recovery

Welcome to your recovery journey. This daily checklist is designed to help you establish healthy habits, strengthen your support network, and build lasting momentum. Remember, progress is personal—use this as a guide, not a rulebook.



Connection & Support

- ☐ Reach out to your support network (call, text, or attend a meeting)
- ☐ Review and update emergency contacts in your phone



Mental Wellness

- ☐ Practice 5-10 minutes of mindful breathing or meditation
- ☐ Journal about your feelings, thoughts, and progress
- ☐ Identify and document your top 3 triggers



Physical Health

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Drink at least 8 cups of water throughout the day

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Eat balanced meals with protein, carbohydrates, and healthy fats

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Engage in 20-30 minutes of physical activity (walk, stretch, or yoga)



Personal Growth

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Practice gratitude by listing 3 things you're thankful for

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Schedule one meaningful self-care activity

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Set a small, achievable goal for tomorrow

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Reflect on a personal strength and how you'll use it today



Recovery is not a race. You don't have to feel guilty if it takes you longer than you thought it would.

— Recovery Wisdom

Your journey matters. Every step counts.

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