

# Recovery Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise							
AA meeting #1							
AA meeting #2							
AA meeting #3							
Breathing exercise							
Breathing							
Breathing							
Recovery work							
Reading							
Crying							
Call sponsor							
Call sponsor							
Call sponsor							
Call friend/relative							
Call friend/relative							
Call friend/relative							
Meditate							
Shamanic journey							
Journal							