Morning Check-In

a gentle start for recovery, mood, and daily support

Name _____

Date _____

Day (M) (T) (W) (T) (F) (S) (S)

1 Sleep & Body

Bedtime _____ Wake time _____ Approx. hours _____

Troubling dreams or sleep disturbance? ☐ Yes ☐ No If yes: _____

Any physical discomfort today? ☐ Yes ☐ No If yes: _____

2 Mood & Medication

How am I feeling this morning? ☐ Great ☐ Positive ☐ Neutral ☐ Low ☐ Very low

Medication taken as prescribed? ☐ Yes ☐ No ☐ Not applicable

3 Recovery Plan for Today

Recovery / support meeting I plan to attend

In-person _____ Online _____

Sponsor / support person _____ Time _____ Method _____

Triggers I'm worried about today? ☐ Yes ☐ No If yes: _____

Challenges I need support with? ☐ Yes ☐ No If yes: _____

4 Gratitude

_____

_____

_____

5 Today's Goals

Goal 1 _____

Goal 2 _____

Smallest step _____

6 Appointment & Encouragement

Purpose _____ Time _____ Location _____

Affirmation or quote for today _____

Positive emotions I notice today

joy · hope · calm · focused · curious · proud · strong · grateful · confident · inspired · relaxed · kind · safe · loved · worthy · other ____

Evening Check-In

a calm close for reflection, accountability, and rest

Name _____

Date _____

Day (M) (T) (W) (T) (F) (S) (S)

1 Meeting & Support

Did I attend the meeting I planned? ☐ Yes ☐ No If no, what got in the way? _____

Did I contact my sponsor / support person? ☐ Yes ☐ No If no: _____

2 Emotions & Triggers

Strong emotions I felt today

Joy | Anger | Sad | Anxious | Excited | Tired | Stressed | Confident | Hopeful

Did I feel triggered at any point? ☐ Yes ☐ No What happened? _____

What helped me stay grounded? _____

3 Reflection

What am I most proud of from today?

What challenges did I face today?

One thing I can do differently tomorrow

4 Body Care

Water ○ ○ ○ ○ ○ ○ ○ ○

Movement _____

Meals _____

Medication _____

Sleep plan _____

5 Thoughts & Reflection

6 Closing Affirmation

For personal reflection and wellness support only — not a substitute for medical, mental health, or emergency care.