90 in 90 Meeting Tracker

Why 90 in 90?

- The first three months are when most people are most at risk. A meeting a day fills the hours you used to drink.
- You hear your own story in other people's, and you stop feeling like the only one.
- You learn names and phone numbers. Those people become your lifeline.
- You find a home group, and very often a sponsor.
- It builds a habit that's still there when the early pink cloud wears off.

How to use the tracker

- After each meeting, write the date and the meeting's name.
- Write one thing you heard that you want to remember.
- Write the name of one person you talked to. Shake hands, get a number.
- Missed a day? Don't start over. Pick up the next day. Some people go to two on a hard day.
- Bring this to your sponsor. The names in the last column are the start of your call list.

MY 90 MEETINGS

No.	Date	Meeting	One thing I heard	Who I talked to
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No.	Date	Meeting	One thing I heard	Who I talked to
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No.	Date	Meeting	One thing I heard	Who I talked to
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No.	Date	Meeting	One thing I heard	Who I talked to
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After 90 meetings

1. Which meeting feels like home?

2. Who on this list could be my sponsor, or help me find one?

3. What's my meeting plan for the next 90 days?

SCRIPTURE

> *"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."*
>
> HEBREWS 10:24–25 · ESV

> *"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!"*
>
> ECCLESIASTES 4:9–10 · ESV

> *"Iron sharpens iron, and one man sharpens another."*
>
> PROVERBS 27:17 · ESV

> *"For where two or three are gathered in my name, there am I among them."*
>
> MATTHEW 18:20 · ESV