30-Day Sobriety Tracker

What each box means

- Pray: ask God in the morning to keep you sober today, and thank Him at night.
- Read: a page of the book Alcoholics Anonymous, a chapter of the Bible, or both.
- Call: talk to one person in recovery. A short call counts.
- Meeting: any meeting, in person or online.
- Review: at night, look back over the day. Where was I selfish, afraid or dishonest? What went well? (p. 86 in the fourth edition.)
- Sober: you made it. Mark it.

MY 30 DAYS

Day	Date	Pray	Read	Call	Meeting	Review	Sober
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

Day	Date	Pray	Read	Call	Meeting	Review	Sober
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							

At the end of 30 days

1. Which box was hardest to fill, and why?

2. What will I do differently in the next 30 days?

SCRIPTURE

> *"This is the day that the LORD has made; let us rejoice and be glad in it."*
>
> PSALM 118:24 · ESV

> *“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,”*
>
> **HEBREWS 12:1 · ESV**

> *“but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”*
>
> **ISAIAH 40:31 · ESV**