Yr. & Mo. _____/_____

Did today turn out the way you intended?

2022

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
12-Step																															
Therapy																															
Mindfulness																															
Exercise																															
PCI																															
7																															
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2																															
1																															
0																															
Sleep																															
Obsession																															
5																															
4																															
3																															
2																															
1																															
Flexible																															
Adaptive																															
Coherent																															
Energized																															
Stable																															
Sobriety																															