

Date: _____ to _____, 20__

DAILY LOG

Name: _____ Group: _____

..."will Himself restore you and make you strong, firm and steadfast. To Him be the power for ever and ever. Amen" 1Peter 5:10b-11. __

Restoring TASK	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
Healthy Eating																															
Breathing Rest/relaxation																															
Vitamin																															
Sleep: How many hours?																															
WORK: hours																															
Hobbies Reading, Writing, Walking/ Hiking																															
Exercise																															
Family time																															
Prayer/Meditation: Daily devotion																															
Journaling																															
OTHER ADDICTIONS **Lost time																															
LIFE Group																															
LIFE Guide work																															
Couple Time																															
Affirmations																															
Group calls/ Prayer for group																															
Therapy																															
Email accountability																															
Victories																															
Slip/relapse																															