
My 30 Days

Road: ▲ to zero □ ○ with rules □ Start: _____ End: _____

If ○: alcohol-free days each week: _____ maximum per occasion: _____ standard drinks, per week: _____ standard drinks.

Three if-then plans:

1. If then I will
2. If then I will
3. If then I will

Who I report to: _____

30-box calendar: ✓ on plan, ○ a hard day I got through, ✕ a slip.

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
