



DAILY RECOVERY CHECK-IN

DATE _____

TIME _____

Stay honest. Stay gentle. Focus on the next right step.

1. TODAY I FEEL...

- | | | |
|----------------------------------|--------------------------------------|---------------------------------------|
| ☐ Strong | ☐ Anxious | ☐ Proud |
| ☐ Tired | ☐ Craving | ☐ Numb |
| ☐ Hopeful | ☐ Overwhelmed | ☐ Other: _____ |

2. URGE / CRAVING LEVEL



3. WHAT TRIGGERED ME TODAY?

4. WHAT DO I NEED MOST RIGHT NOW?

- | | | | | |
|---------------------------------------|----------------------------------|-----------------------------------|----------------------------------|--------------------------------|
| ☐ Rest | ☐ Food | ☐ Water | ☐ Support | ☐ Quiet |
| ☐ Movement | ☐ Meeting | ☐ Distance | ☐ Safety | |
| ☐ Other: _____ | | | | |

5. WHAT HELPS ME STAY ON TRACK?

- | | | |
|---------------------------------------|--|----------------------------------|
| ☐ Call someone | ☐ Take a walk | ☐ Journal |
| ☐ Shower | ☐ Music | ☐ Breathe |
| ☐ Go to sleep | ☐ Remove myself | |
| ☐ Other: _____ | | |

6. ONE THING I DID RIGHT TODAY

7. MY NEXT SAFE STEP

8. WHO CAN I REACH OUT TO?



Recovery is built one honest step at a time.



LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.