

Sobriety Tracker

SOBRIETY TRACKER

Name: _____ Start date: _____ dd / mm / yyyy

Goal: _____ Month / Day: _____

Sobriety duration (days): _____

Notes

WEEKLY PROGRESS

Week starting: _____ dd / mm / yyyy Weekly goal: _____

Achieved (Yes/No):

☐ Yes ☐ No

MONTHLY MILESTONE

Month: _____ Milestone goal: _____

Achieved (Yes/No):

☐ Yes ☐ No

REFLECTIONS

Positive outcomes:

Challenges faced:

Support system:

Additional notes