



Recovery Routine Planner



Small daily choices create a strong recovery. ♥

A healthy routine supports your recovery, reduces stress, and helps you build the life you want.

DATE: _____

TODAY I AM
FOCUSING ON: _____



PLAN YOUR DAY

Write in activities that support your recovery and your goals.

7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	



MY DAILY MUST-DOs

3 important things I will do today to support my recovery.

1

_____ ☐

2

_____ ☐

3

_____ ☐



SELF-CARE CHECKLIST

Small acts of self-care make a big difference.



☐ Drink water



☐ Eat nourishing food



☐ Take my medication



☐ Move my body



☐ Get enough sleep



☐ Practice deep breathing



☐ Take a shower



☐ Talk to someone



☐ Attend a meeting



☐ Journal



☐ Spend time outside



☐ Listen to music



☐ Do something enjoyable



☐ Other: _____



RECOVERY REMINDERS

Things I want to remember today.









EVENING REFLECTION

Take a few minutes to reflect on your day.



What went well today? _____



What was challenging? _____



What did I do for my recovery? _____



One thing I am grateful for today: _____



I don't have to be perfect, I just have to keep showing up.

Progress, not perfection. ♥

