

STRONG ABSTINENT CHECKLIST

Questions	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Have I been abstinent today?"							
Did I pray and meditate today?							
Am I maintaining or working towards a healthy body weight?							
Did I rely on my Higher Power to get or stay abstinent today?							
Is what I am currently doing working for me to remain abstinent?							
If I am having problems have I asked someone else what they are doing.							
Have I made an OA call today?							
Did I have an attitude of gratitude today?							
Did I plan my food today?							
Have I helped someone else today?							
Did I have an action plan in place to stay abstinent today?							