



The First 90 Days After Treatment

Your Roadmap to Building a Life You Don't Want to Escape

Welcome

Completing treatment is the beginning of your recovery journey. This check list helps you build healthy routines, accountability, and long-term success.

Daily Recovery Checklist

- ☐ Wake with gratitude
- ☐ Make your bed
- ☐ Prayer/meditation
- ☐ Review goals
- ☐ 30 minutes of movement
- ☐ Eat healthy & hydrate
- ☐ Connect with a supporter
- ☐ Attend recovery support
- ☐ Avoid high-risk situations
- ☐ Evening reflection

Weekly Recovery Checklist

- ☐ 3+ recovery meetings
- ☐ Meet coach/sponsor
- ☐ Review relapse plan
- ☐ Quality family time
- ☐ Exercise 3–5 days
- ☐ Meal prep
- ☐ Read recovery content
- ☐ Celebrate progress

30/60/90 Day Focus

- ☐ Days 1–30: Protect sobriety with structure.
- ☐ Days 31–60: Rebuild routines and relationships.
- ☐ Days 61–90: Build momentum and serve others.

Relapse Warning Signs

- ☐ Isolation
- ☐ Skipping meetings
- ☐ Poor sleep
- ☐ Overconfidence
- ☐ Neglecting self-care
- ☐ Romanticizing substance use

Recovery Wheel

- ☐ Physical
- ☐ Mental
- ☐ Emotional

- ☐ Spiritual
- ☐ Relationships
- ☐ Career
- ☐ Finances
- ☐ Purpose

Weekly Reflection

What am I proud of?

What challenged me?

What did I learn?

One goal for next week:

Recovery doesn't end when treatment does. It begins.

