



## SOBER PARTNER PROGRAM: WEEKLY JOURNAL

Date: \_\_\_\_\_ How long sober: \_\_\_\_\_

<p><b><u>QUALITY OF SLEEP PER NIGHT:</u></b></p> <ol style="list-style-type: none"> <li>1. You fall asleep soon after getting into bed, within 30 min or less.</li> <li>2. You typically sleep through the night.</li> <li>3. Waking up repeatedly through the night.</li> <li>4. Waking up and not falling asleep</li> </ol>	<p>Notes:</p>
<p><b><u>DIGESTIVE ISSUES THIS WEEK</u></b></p> <ol style="list-style-type: none"> <li>1. Constipation</li> <li>2. Diarrhea</li> <li>3. Bloating</li> <li>4. Pain</li> <li>5. Nausea</li> <li>6. Normal</li> </ol>	<p>Notes:</p>
<p><b><u>HOW DID YOU CONTROL CRAVINGS</u></b></p> <ol style="list-style-type: none"> <li>1. Eating</li> <li>2. Working</li> <li>3. Exercise</li> <li>4. Supplements</li> </ol>	<p>Notes:</p>
<p><b><u>ABILITY TO FOCUS</u></b></p> <ol style="list-style-type: none"> <li>1. Restlessness</li> <li>2. Mental Cloudiness or "Brain fog"</li> <li>3. Difficulty remembering</li> <li>4. My focus was good today</li> </ol>	<p>Notes:</p>
<p><b><u>OVERALL HOW I FELT THIS WEEK</u></b></p>	<p>Notes:</p>

**“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”**  
**-Pablo Picasso**