

PLEASE

Activities for Adults

Daily Routine Check-in



Take prescribed medication as prescribed.

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Notes

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Keep meal times steady.

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☐	☐

Notes

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Phone in another room before bed.

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☐	☐

Bedtime

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Walk 5 minutes between meetings.

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☐	☐

Steps/Times

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Notice alcohol's effect on mood/judgment.

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Observations

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Track it to Fix it: A pattern you don't notice is a pattern you can't fix. The PLEASE worksheet points at the one area needing attention.

