

Healthy Habits Checklist for Recovery

Client Name: _____

Date: _____

Instructions:

Use this checklist to track your healthy habits. For each habit, check off whether you completed it today or this week. If you didn't, think about how you can incorporate it into your routine for next time.

1. Physical Health

- **Exercise** (e.g., 30 minutes of walking, jogging, yoga, or another activity)
- **Eat a balanced meal** (Include protein, healthy fats, and vegetables)
- **Drink enough water** (Aim for 8-10 cups per day)
- **Limit processed or sugary foods** (Choose whole, natural foods)
- **Sleep well** (Aim for 7-9 hours of quality sleep)
- **Stretch or do relaxation exercises** (e.g., deep breathing, progressive muscle relaxation)

2. Emotional Health

- **Practice mindfulness** (e.g., 5 minutes of meditation or deep breathing)
- **Journal or reflect on your thoughts and feelings**
- **Express gratitude** (Write down 3 things you're grateful for)
- **Check in with your emotions** (Identify how you feel and why)
- **Practice self-compassion** (Be kind to yourself in difficult moments)

3. Social Health

- **Connect with a support person** (Call, text, or meet up with someone who supports your recovery)
- **Attend a support group meeting** (In-person or virtual)
- **Spend time with positive, supportive people** (Engage in healthy social activities)
- **Set healthy boundaries** (Practice saying no when necessary, or protect your time)

4. Mental Health

- **Set a positive intention for the day** (Think about what you want to focus on today)
- **Engage in a mental challenge** (e.g., reading, puzzles, learning something new)
- **Avoid negative self-talk** (Catch negative thoughts and reframe them)

- **Celebrate small wins** (Acknowledge things you did well today)
- **Take breaks and rest your mind** (Give yourself time to relax and recharge)

5. Recovery-Specific Habits

- **Attend therapy or counseling** (In-person or virtual session)
- **Avoid high-risk situations** (Stay away from people, places, or circumstances that might trigger relapse)
- **Practice grounding techniques** (e.g., deep breathing, sensory grounding)
- **Track cravings or urges** (Note any cravings and how you handled them)
- **Review your goals for recovery** (Reflect on your long-term and short-term goals)

6. Personal Growth

- **Set one personal goal** (It could be related to your health, relationships, or personal development)
- **Engage in a hobby or passion** (Doing something you enjoy or that brings you fulfillment)
- **Learn something new** (Pick up a new skill or hobby)
- **Help someone else** (Offer support or kindness to someone else in recovery or your community)
- **Practice forgiveness** (Forgive yourself or others to release any emotional burden)

Part 2: Weekly Reflection

What went well this week?

(Write down any healthy habits you were able to successfully incorporate into your routine and how you felt about it.)

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What could you improve on next week?

(Think about any habits you want to focus on improving or new ones you'd like to introduce.)

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What support or resources do you need to maintain your healthy habits?

(Consider who or what could help you stay accountable or motivated next week.)

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