TRACKING FORM

NAME:	Lucy			**DATE:**	1/20/2021
	I AM TRACKING	**I AM TRACKING**	**I AM TRACKING**	**I AM TRACKING**	**I AM TRACKING**
	acid	time at	helped	happy	confident of
	discomfort	daughter’s hse	my family	today	sobriety
DATE:	**HOW?** 0-10	**HOW?** # minutes	**HOW?** 0-10	**HOW?** 0-10	**HOW?** 0-10