



RECOVERY ACTION PLAN

Enacting Healthy Behaviors Every Day

3D Recovery ® Resource 4.4

Name: _____ Date: _____

Instructions: In the first column, list five to ten healthy actions that will support your recovery. In the second column, set a goal for how many times a week you would like to enact each action. For each day of the week, keep track of whether you enacted this healthy behavior by drawing a star in the box when you accomplish one of your target actions. In the reinforcement box, identify ways that you can reward daily and weekly progress.

Target Actions	Goal (x/wk)	SUN	MON	TUE	WED	THU	FRI	SAT
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

Reinforcement

Daily Reward

For every day that I earn _____ stars, I will reward myself with _____.

Weekly Reward

For every week that I earn _____ stars, I will reward myself with _____.