

Your First 30 Sober Days

A printable tracker & daily check-in - one day at a time.

One day at a time is not a slogan here — it is the whole method. Print this page, put it where you'll see it, and check off each day you get through. Thirty boxes. That's the only goal.

30-Day Tracker

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐
Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐
Day 13 ☐	Day 14 ☐	Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐
Day 19 ☐	Day 20 ☐	Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐
Day 25 ☐	Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐

A 2-Minute Daily Check-In

- ☐ One thing I'm grateful for today
- ☐ One craving I noticed — and what I did instead
- ☐ One person or place that helped (or that I avoided)
- ☐ How I'll fall asleep tonight without it
- ☐ A small win — however small it looks

Milestones Worth Noticing

Day 1 The hardest and the most important. You started.

Day 3 The fog starts to lift. Sleep is still rough — that's normal.

Day 7 One week. Notice what already feels different.

Day 14 Two weeks. Energy and mood begin to steady.

Day 21 Three weeks. New routines start to feel like yours.

Day 30 A full month. Look back at Day 1 and see how far that is.

Not medical advice. This tracker is a supportive tool, not treatment. If you are in danger of severe withdrawal or crisis, contact a doctor or a local helpline - some withdrawals need medical supervision. You are not alone in this.

Ready for more than 30 days?

Day One - a 90-day sobriety journal: one guided page a day, gentle reflection prompts, and room to see how far you've come. On Amazon:

<https://www.amazon.com/dp/B0H2Z87X2P>