

Recovery Coach Session Information



Date _____

PEER:

Recovery Coach:

Start Time:

Next Meeting:

End Time:

Notes

How am I doing this week?

How am I connecting with the recovery community?

How have I practiced self care?

My needs and concerns today?

Areas Discussed Today (circle): Sobriety/Substance Use Living Environment Interests and Activities Employment Learning Financial Lifestyles and Health Relationships Faith and Spirituality Mental Health Legal Issues Other

Action Steps: