

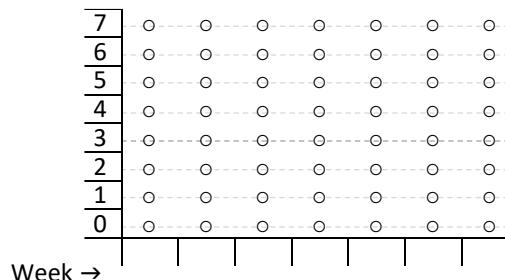


Name:

Start Date:

Complete this tracker once a week to monitor your progress.

On how many days did you use over the last week?



How harmful was your use?



If you used over the past week and it caused moderate, little, or no harm, consider the following: *To what extent did your use put your future health and happiness at risk (e.g., escalation over time, loss of control, illness/disability, or relationship/work impact)? 0 means no risk and 10 means high risk.*

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice.

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