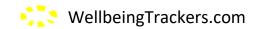
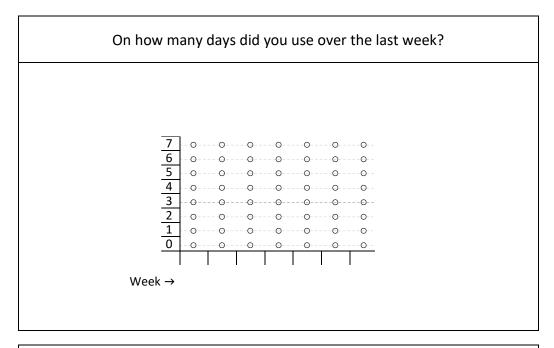
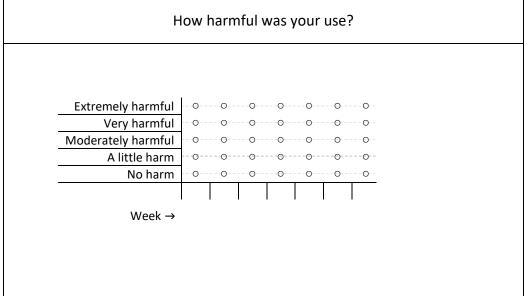
ADDICTION TRACKER



Name:	Start Date:	
Name.	Start Bate.	

Complete this tracker once a week to monitor your progress.





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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