

ADDICTION TRACKER



WellbeingTrackers.com

Name:

Start Date:

Complete this tracker once a week to monitor your progress.

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

	Week →								
7		○	○	○	○	○	○	○	○
6		○	○	○	○	○	○	○	○
5		○	○	○	○	○	○	○	○
4		○	○	○	○	○	○	○	○
3		○	○	○	○	○	○	○	○
2		○	○	○	○	○	○	○	○
1		○	○	○	○	○	○	○	○
0		○	○	○	○	○	○	○	○

How harmful was your use?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Extremely harmful							
Very harmful							
Moderately harmful							
A little harm							
No harm							

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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