

Recovery Timeline

	Week 1	Week 2 - 5	Month 1 - 3	Month 3 - 6	Month 6 - 9	Month 9 - 12	Month 12 - 18	Month 18 - 24
Peer Support		<ul style="list-style-type: none"> • Commit weighed and measured food daily • Talk to sponsor daily • Start working 12 Steps • Attend 4- 7 Food 12 Step meetings/week • Daily quiet time min 30 mins(prayer/meditation, writing, reading) • Build support network with recovering people – phone calls, Zoom etc 	<ul style="list-style-type: none"> • Have a home 12 Step group including a service position • Continue weeks 2-5 recovery activities 	<ul style="list-style-type: none"> • 12 Steps completed • Continue weeks 2-5 recovery activities 	<ul style="list-style-type: none"> • Start sponsoring • Continue weeks 2-5 recovery activities 	<ul style="list-style-type: none"> • Continue weeks 2-5 recovery activities 	<ul style="list-style-type: none"> • Continue weeks 2-5 recovery activities 	<ul style="list-style-type: none"> • Continue weeks 2-5 recovery activities
Professional Support	<ul style="list-style-type: none"> • SHiFT Intensive 	<ul style="list-style-type: none"> • Attend SHiFT 4-week Aftercare Program 	<ul style="list-style-type: none"> • Continue SHiFT Aftercare Program 	<ul style="list-style-type: none"> • Attend SHiFT Relapse Prevention Program • Continue SHiFT Aftercare Program 	<ul style="list-style-type: none"> • Continue SHiFT Aftercare Program 	<ul style="list-style-type: none"> • Attend SHiFT Steps & Shifts Program • Continue SHiFT Aftercare Program 		<ul style="list-style-type: none"> • Attend SHiFT Breaking Free From Codependency Patterns Program
Other		<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep 	<ul style="list-style-type: none"> • Short walk outside daily • Get adequate rest and sleep

**** If struggling get to next SHiFT Intensive and work with a counsellor**