



# Game Plan - Men

## My Bottom Lines

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## My First Aid Kit (and/or Travel Kit)

I will complete my kit by (Date): \_\_\_\_\_

## Phone Call Tool

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## Meetings

Individual counseling sessions: \_\_\_\_\_

12- Step and other support group meetings: \_\_\_\_\_

## Personal Reflection

Read (at least 15 minutes recovery reading daily): \_\_\_\_\_

Journal: \_\_\_\_\_

## Spirituality

Prayer and meditation: \_\_\_\_\_

Scriptural or religious reading: \_\_\_\_\_

Service to others: \_\_\_\_\_

## Exercise

At least 30 minutes daily: \_\_\_\_\_

## Rest and Relaxation Guidelines

Get adequate sleep: \_\_\_\_\_

Take healthy breaks: \_\_\_\_\_

Little or no TV: \_\_\_\_\_

## Nutritional Guidelines

Eat three balanced meals a day: \_\_\_\_\_

Healthy snacks between meals: \_\_\_\_\_

Avoid getting hungry: \_\_\_\_\_

Avoid junk food: \_\_\_\_\_

## Other Interests

Music: \_\_\_\_\_

Reading: \_\_\_\_\_

Find something healthy that you enjoy doing: \_\_\_\_\_

Develop your talents: \_\_\_\_\_

Share your Game Plan with your therapist or your group.