

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ask God to direct thinking							
make bed							
get on knees and pray							
Read 86-88							
Call Sponsor							
Call another person in AA							
Go to meeting							
Read 86 (when we retire at night)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ask God to direct thinking							
make bed							
get on knees and pray							
Read 86-88 (on awakening)							
Call Sponsor							
Call another person in AA							
Go to meeting							
Read 86 (when we retire at night)							
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