



Name: \_\_\_\_\_

Months covered in this report:

- |                                  |                                   |                                    |                                  |                                   |                                   |
|----------------------------------|-----------------------------------|------------------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> February | <input type="checkbox"/> March     | <input type="checkbox"/> April   | <input type="checkbox"/> May      | <input type="checkbox"/> June     |
| <input type="checkbox"/> July    | <input type="checkbox"/> August   | <input type="checkbox"/> September | <input type="checkbox"/> October | <input type="checkbox"/> November | <input type="checkbox"/> December |

I am in compliance with all terms of my OhioPHP agreement  Yes  No

I have maintained abstinence and I have not use any mood altering chemicals (over-the counter or controlled) other than those prescribed to me for medical purposes  Yes  No

I certify that my Urine Drug Tests are collected under direct observation  Yes  No

Last Three Months Activities: *(This list is intended to assist in personal reflection of recover and wellness activities.)*

1. Average weekly meeting attendance:  >5  5  4  3  2  1
2. Average weekly sponsor contact frequency:  Daily  4-5  2-3  1  N/A
3. Counseling (if applicable):  Yes  No  N/A
4. Working which step (if applicable):
5. Physical Exercise:  Daily  4-6 times/week  1-3 times/week  None
6. Prayer/meditation:  Daily  4-6 times/week  1-3 times/week  None
7. Average hours per week:  <20  20-30  30-40  40-50  50-60  >60
8. Do you feel your life is balanced:  Yes  No  N/A
9. I would appreciate OhioPHP contact:  Yes  No  N/A

Please describe below your service activities over the last three months:

Social Support:

Other Comments:

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date