



Recovery Meeting Log

A free recovery resource from Stepwise Recovery

Free to download, print and share

STEPWISE RECOVERY

Recovery Meeting Log

A simple record of the meetings that hold you up

A meeting log is not homework and nobody is checking it. It is a way of noticing what actually helps: which meetings, which formats, which rooms leave you steadier than you arrived. Print a page a week and keep it with your recovery notes.

This week

Week beginning: _____

Meeting 1

- Date and time: _____
- Meeting and fellowship: _____
- In person / online: _____
- One thing I heard that stayed with me: _____
- How I felt afterwards (1–10): _____

Meeting 2

- Date and time: _____
- Meeting and fellowship: _____
- In person / online: _____
- One thing I heard that stayed with me: _____
- How I felt afterwards (1–10): _____

Meeting 3

- Date and time: _____
- Meeting and fellowship: _____
- In person / online: _____

- One thing I heard that stayed with me: _____
- How I felt afterwards (1–10): _____

Looking back at the week

Reflection

- The meeting that helped most this week was: _____
- Because: _____
- Someone I connected with: _____
- Next week I will get to _____ meetings, including: _____

If a whole week passes with no meetings, that is information, not a failing. Notice it early, tell someone you trust, and book the next meeting into your diary like an appointment — because it is one.

Keep going — you're not alone

This resource is one of a full library of free tools, worksheets and reading at stepwiserecovery.com/resources — take what helps and leave the rest. These tools are designed to sit alongside fellowship programmes, meetings and sponsorship — never to replace them.

The Stepwise Recovery Guides

Substance-specific recovery guides written by people who've recovered — for cocaine, ketamine, families, young people, and children. Free preview chapters, no email required, at stepwiserecovery.com/guides

Our 1-in-10 Pledge

For every ten guides sold, we donate one to someone who can't afford it — through treatment centres and prison recovery programmes.

Need help right now?

Samaritans: 116 123 (free, 24 hours) · FRANK: 0300 123 6600

Narcotics Anonymous UK: 0300 999 1212 · SHOUT: text 85258

Childline (under 19s): 0800 1111 · Nacoda: 0800 358 3456