# 90 days sober in FTC

* **My current sober date is**
* **My 90-day sober date was/will be**

# Attend First Team Meeting and Recovery Team Meeting

* **I attended my first team meeting on :**
* **I attended my recovery team meeting on:**

# Consistently attend your visits

**My visit schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **Child** | **Days** | **Time** | **Location** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

# Attend all your court hearings

* **My next court hearing is:**

# Be caught up on your sober supports

* **I am required to complete at least meetings a week**
* **I am caught up on my sober supports Yes No**

o If no, I owe sober support meetings and my plan to catch up is:

# Explore Parenting Opportunities

In what ways can I take on bigger parenting role in my child(ren)’s life?

# Obtain a Sponsor

* **My sponsor is**

***OR***

* **My plan to obtain a sponsor is:**

# Be engaged in your court ordered services

* **My court ordered services are:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Service** | **Agency** | **Days and times** | **Progress** | **Completion**  **date** |
|  |  |  |  |  |
|  |  |  |  |  |
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