

## DAILY ACTION PLAN

MORNING	<ul style="list-style-type: none"><li>➤ Rise by 8:00</li><li>➤ 6:00–8:00—breakfast</li><li>➤ Third Step Prayer</li></ul>
AFTERNOON	<ul style="list-style-type: none"><li>➤ 11:30–1:00—lunch</li><li>➤ Prayer time (15 minutes, 30 minutes, or 60 minutes, as time permits)</li><li>➤ 14:00—Sponsee #1 call</li><li>➤ Call my sponsor</li></ul>
EVENING	<ul style="list-style-type: none"><li>➤ 6:00–8:00—dinner</li><li>➤ 1-hour non-television relaxation time (reading or craft project)</li><li>➤ 10<sup>th</sup> Step inventory</li><li>➤ 10:00–10:30—bed time</li></ul>

## Daily food behaviors

- Use food plan #1 (“Dignity of Choice”).
- Weigh and measure my food.
- Sit down to eat at a table, counter, or TV tray.
- Serve food from the stove; do not serve food “family style.”
- Never eat standing at a counter or the refrigerator.
- Never eat from a coffee table.
- Never eat from the passenger seat of the car.
- Avoid buffets.
- Use 3-0-1 when traveling or attending social events/business functions.
- Take one slightly rounded serving spoon of a dish when using 3-0-1.
- Do not eat no matter what, no matter what do not eat.

## Triggers

- **Food**
  - Alcohol
  - Popcorn
  - Fudge
  - Ice-cream
  - M&Ms
- **Situations**
  - Evening activities at work
  - Parties
  - Maine Street

## WEEKLY ACTION PLAN

MONDAY	➤ 6:00—Sponsee #2 call
TUESDAY	➤ Health club (30-minutes)
WEDNESDAY	➤ 6:00—Sponsee #2 call
THURSDAY	➤ Health club (30-minutes) ➤ Attend meeting in Portsmouth or Big Book Step study meeting in Nashua
FRIDAY	➤ 6:00—Sponsee #2 call

SATURDAY	<ul style="list-style-type: none"> <li>➤ Health club (30-minutes)</li> <li>➤ Speaker meeting (York) or speaker meeting (Nashua)</li> </ul>
SUNDAY	<ul style="list-style-type: none"> <li>➤ Big Book literature discussion meeting (Portsmouth)</li> <li>➤ Review food plan #1.</li> </ul>

### **MONTHLY ACTION PLAN**

- Weigh myself on the 15<sup>th</sup> of the month.
- Read the step of the month and discuss it with my sponsor.
- Read the tradition of the month and discuss it with my sponsor.
- Attend the Seacoast Intergroup meeting on the second Saturday of the month.
- Make at least one amends.
- Write at least one turn-around.
- Attend one special OA program, or do one extra service activity for a meeting I attend or for Seacoast Intergroup.