

My First Week Home Planner

A realistic weekly plan for the first seven days after treatment

The first week home does not need to be perfect. The aim is to reduce long, unplanned gaps, keep support within reach, and create enough structure to help you settle into daily life. Plan what is realistic, not what an ideal version of you should manage.

Name _____ Week beginning _____ Main support person _____ Their phone number _____

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Daytime							
Evening							

Include meals, sleep, movement, recovery support, appointments and ordinary responsibilities. Leave some space for rest.

If things feel unsafe

If cravings or distress rise beyond what this plan covers, reaching out early is part of the plan — not a failure of it. Contact your support person, your treatment team, or a crisis line.

Crisis line I can call: _____ Emergency contact: _____

Build a Week You Can Actually Follow

Choose a few reliable anchors before adding extra goals

My daily anchors

- ☐ Wake up at about the same time.
- ☐ Eat regular meals and drink water.
- ☐ Take prescribed medication as directed (if any).
- ☐ Have at least one supportive connection.
- ☐ Include some movement or time outside.
- ☐ Prepare for sleep rather than waiting to feel tired.

Important commitments

Counselling / aftercare _____

Medical appointments _____

Recovery meetings or peer support _____

Family or supportive contact _____

Practical responsibility I cannot avoid _____

Plan for the difficult parts

Most people do not struggle for the whole week. Difficulty usually appears in certain windows: an empty afternoon, an argument, a lonely evening or an unexpected message. Most weeks hold more than one — naming them in advance makes it easier to respond early.

A difficult time or situation	What I will do instead	Who I can contact

One meaningful direction

Early recovery is not only about avoiding alcohol or drugs. It is also about beginning to rebuild a life that feels worth protecting. Choose one small action this week that reflects the person you want to be.

This week, I want to make space for: _____

Keep the plan visible and revise it when needed.

Bring this planner into Jenora to build your daily plan and track the supportive actions you complete through the week.
A plan that needs adjusting is not a failed plan — it is useful information.