

	Step	Day	Week
	Welcome call	Day 1	Week 1
	Complete Section 1: Part 1, Part 2	Day 1	Week 1
	Do grounding and breathing	Days 2-4	Week 1
	Guidance call 1	Day 4	Week 1
	Complete Section 1: Part 3, Part 4	Day 4	Week 1
	4-day Practice Period		
	Continue previous exercises: - Do small activity exercise each day New exercises: - Continue grounding and breathing	Days 5-11	Week 1, Week 2
	Guidance call 2	Day 11	Week 2
	Complete Section 2	Day 11	Week 2
	4-day Practice Period		
	Continue previous exercises: - Continue small activity each day - Continue grounding and breathing New exercises: - Do challenging activity exercise	Days 12-18	Week 2, Week 3
	Guidance call 3	Day 18	Week 3
	Complete Section 3	Day 18	Week 3
	Continue previous exercises: - Continue doing one small activity each day - Continue grounding and breathing New exercises: - Do the kind to yourself exercise - Do the Prepare for Challenges exercise	Days 19-25	Week 3, Week 4
	Guidance call 4	Day 25	Week 4
	Complete Section 4	Day 25	Week 4
	Continue previous exercises: - Continue doing one activity each day- can be small or challenging - Continue grounding and breathing - Continue doing the kind to yourself exercise New exercises: - Do a social activity - Ask for support Ask someone for help with something they need support with, OR do something nice for someone else	Days 26-32	Week 4, Week 5
	Guidance call 5	Day 32	Week 5
	Complete Section 5	Day 32	Week 5
	Continue previous exercises - Do one activity each day- can be social, can be challenging, can use th New exercises: - Complete the warning signs exercise - Make relapse plan	Days 32-39	Week 5, Week 6
	Guidance call 6	Day 39	Week 6