SAA of New York City

Workshop Handout

Garment District
Sunday June 7th, 3:00 pm

DATA TRACKING

how it can help us
knowing ourselves better
and staying sober.

by Cassidy H.

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

Using a JOURNAL APP to track emotions with hashtags

- why we should track emotions
- how a journal app can

help track
the emotional data
using hashtags
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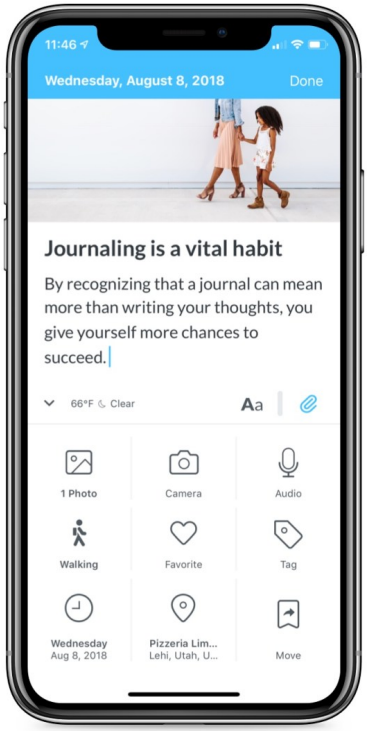
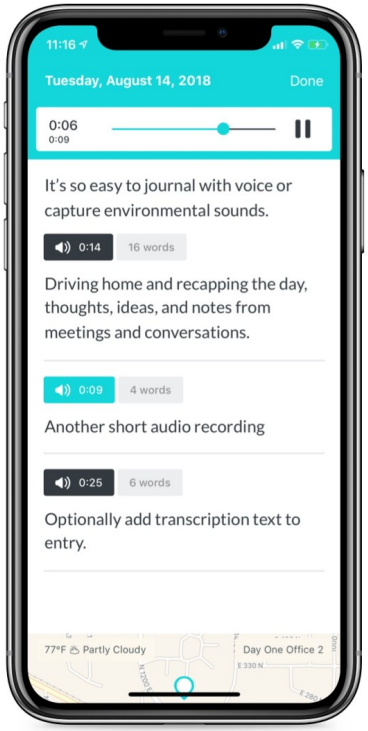
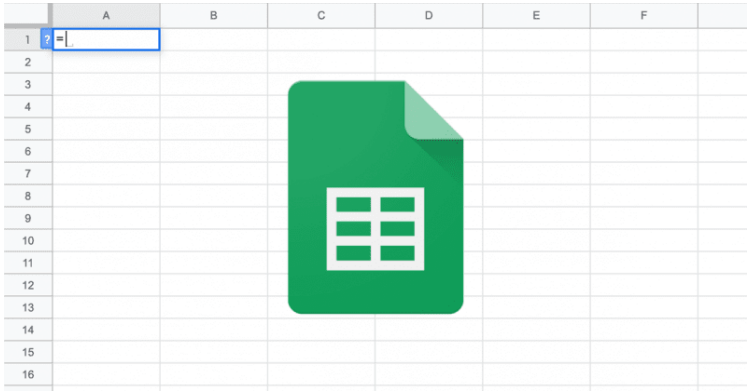
DAY ONE app

https://dayoneapp.com/





LIFE TRACKING SHEET



Daily tracking sheet of activities to keep us grounded and moving forward:

-program activities
-building towards goals
-tutorial of formulas used in this sheet

DATA TRACKING and Sobriety SECTION 2

Snapshot of my daily tracking sheet

	A	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT
1	DAILY TASKS	5-9-20	5-10-20	5-11-20	5-12-20	5-13-20	5-14-20	5-15-20	5-16-20	5-17-20	5-18-20	5-19-20	5-20-20	5-21-20
2		saturday	sunday	monday	tuesday	wednesd	thursday	friday	saturday	sunday	monday	tuesday	wednesday	thursday
3	DO TYPING EXCERISES	X		X	X		X	X		X	X	X	X	X
4	TRACK FINANCES	X		X		X	XX	X		X	X	X	X	X
5	WRITE JOURNAL/INVENTORY			X		X	X	X		X	X	X	X	X
6	PRAY/MEDITATE/KUNDALINI	X	X	X	X	X	X	X	X	X	X	X	X	X
7	GENERATE IMMEDIATE INCOME			X		XXX			X				X	XX
8	PURSUE BUSINESS GOALS											X	X	X
9	STRETCH/WORKOUT	XXX	XXX	XXX	XXX	X	X	X	XXX	XXX		XXX	XX	XX
10	PRODUCE MUSIC	XXX	XXX	XXX	XXXX	XX		XXX	XX	XXX	X			X
11	TALK WITH TRUSTED FRIEND/FAMILY	X	XXX			XX		X			X	X	X	
12	DO MEETING/ FELLOWSHIP/ SPONSOR	X	X		X	XX		X		X	X		X	XX
13	DO SELF/HOME CARE - SLEEP/CLEANSE/RELAX	X	X		X				XXX		X			X
14	DO VOCAL WARM UPS		X					X			X			X
15	REHEARSE SONGS		X								X			X

Contact tracking sheet to keep us connected to others and building real intimacy in our Lives:

-why staying connected is so important

-how this spreadsheet can help you from isolating

Snapshot of contact template

	A	B	C	D
1	NAME	TYPE	COMMUNITY	LAST CONTACT
4	CONTACT 5	OLD FRIEND	SF	4/28/2020
5	CONTACT 6	BEST FRIEND	NYC	5/1/2020
6	CONTACT 7	CO-WORKER	ARTIST	5/3/2020
7	CONTACT 8	BEST FRIEND	NYC	5/4/2020
8	CONTACT 9	CO-WORKER	SF	5/6/2020
9	CONTACT 12	FELLOW	PROGRAM	5/15/2020
10	CONTACT 13	FRIEND	LA	5/15/2020
11	CONTACT 14	FRIEND	LA	5/18/2020
12	CONTACT 15	OLD FRIEND	SF	5/19/2020
13	CONTACT 16	FELLOW	PROGRAM	5/19/2020
14	CONTACT 18	FRIEND	LA	5/20/2020
15	CONTACT 19	FRIEND	LA	5/27/2020
16	CONTACT 20	FELLOW	PROGRAM	6/1/2020
17	CONTACT 21	OLD FRIEND	LA	6/1/2020
18	CONTACT 22	OLD FRIEND	ARTIST	6/1/2020
19	CONTACT 23	FELLOW	PROGRAM	6/1/2020
20	CONTACT 24	SPONSER	PROGRAM	6/2/2020
21	CONTACT 25	OLD FRIEND	ARTIST	6/3/2020

Financial Tracking Sheet for building a better, more stable life.

How the act of entering financial data can help you stay sober

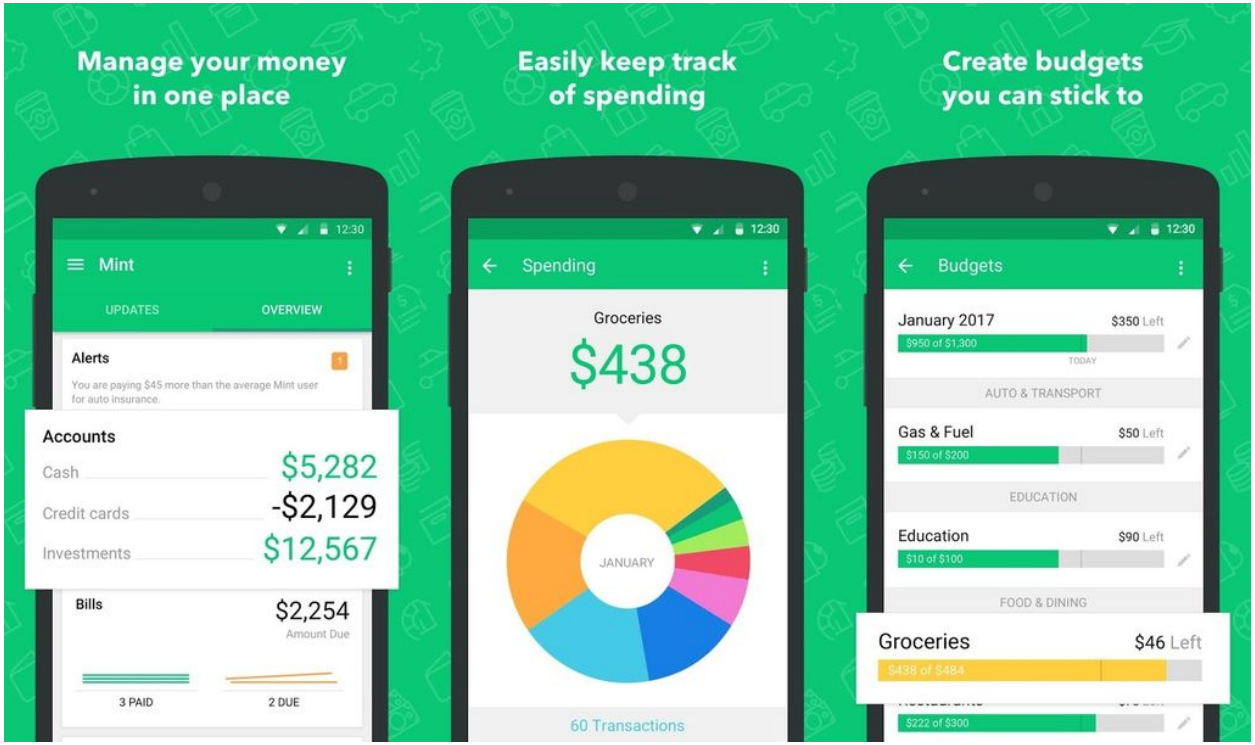
Example financial tracking sheet

DATE	CATEGORY	ITEM
1	FOOD	FOOD- estimate
1	TRAVEL	TRAVEL -estimate
1		MISC-estimate
2	FOOD	FOOD- estimate
2	INCOME	PAYCHECK
2	INCOME	SIDE JOB
2		MISC-estimate
3	FOOD	FOOD- estimate
3		MISC-estimate
4	BUSINESS	BUSINESS ITEM 3
4	DEBT	CREDIT CARD 1
4	FOOD	FOOD- estimate
4		MISC-estimate
5	FOOD	FOOD- estimate
5		MISC-estimate
6	FOOD	FOOD- estimate
6		MISC-estimate
7	EXTRA	SERVICE 2
7	FOOD	FOOD- estimate
7		MISC-estimate
8	EXTRA	SERVICE 1
8	FOOD	FOOD- estimate
8	TRAVEL	TRAVEL -estimate

Financial tracking app

MINT

https://www.mint.com/



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SUMMARY

Tracking your LIFE as a living amends to yourself

Time for Shares!