12STEPPERS.ORG

30 Meetings in 30 Days Log

Start date: _____ Home group: _____ Sponsor or contact: _____

Write one thing you heard or learned at each meeting, then check it off. Bring this log to your sponsor. For personal use only, not proof of attendance. Tip: print double-sided (flip on long edge).

Day	Date	Meeting or group	In person / Online	One thing I took away	Done
1			☐ In person ☐ Online		☐
2			☐ In person ☐ Online		☐
3			☐ In person ☐ Online		☐
4			☐ In person ☐ Online		☐
5			☐ In person ☐ Online		☐
6			☐ In person ☐ Online		☐
7			☐ In person ☐ Online		☐
8			☐ In person ☐ Online		☐
9			☐ In person ☐ Online		☐
10			☐ In person ☐ Online		☐
11			☐ In person ☐ Online		☐
12			☐ In person ☐ Online		☐
13			☐ In person ☐ Online		☐
14			☐ In person ☐ Online		☐
15			☐ In person ☐ Online		☐

30 Meetings in 30 Days Log (continued)

Day	Date	Meeting or group	In person / Online	One thing I took away	Done
16			☐ In person ☐ Online		☐
17			☐ In person ☐ Online		☐
18			☐ In person ☐ Online		☐
19			☐ In person ☐ Online		☐
20			☐ In person ☐ Online		☐
21			☐ In person ☐ Online		☐
22			☐ In person ☐ Online		☐
23			☐ In person ☐ Online		☐
24			☐ In person ☐ Online		☐
25			☐ In person ☐ Online		☐
26			☐ In person ☐ Online		☐
27			☐ In person ☐ Online		☐
28			☐ In person ☐ Online		☐
29			☐ In person ☐ Online		☐
30			☐ In person ☐ Online		☐

Questions to bring to my sponsor

Anything I heard that I want to ask about or talk through