

# Risk Rating Tracking Sheet



Month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1 Travel / Re-entry																															
2 Restaurants																															
3 Environment with NMF																															
4 Sexy Food Choices																															
5 Weird Mealtimes																															
6 Emotional Situations																															
7 Stressed / Busy Day																															
8 Fasting / MRP																															
9 Didn't Make 3 Calls																															
10 No Sponsor Contact																															
11 Not Enough Sleep																															
12 Didn't Meditate																															
13 Wasn't Active																															
14 Didn't do 12-Step Writing																															
15 Woke Rough																															
Risk Rating Total (0-100)																															

Each item to be rated on a scale of 0-7 with the exception of #15.

Scoring for #1-14: 0 = Good 7 = Bad

Scoring for #15: 0 = Good 2 = Bad

NMF = Not My Food MRP = Metabolic Reset Plan