



BONUS RESOURCE 1:
THE 14-DAY FREEDOM SCORECARD™

Day

VW Protected

NWR Completed

Triggers Managed

Urges Managed

Honest & Accountable

Total

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

