



TRACKER



Empowering every person to live their
best life, free from tech addictions

“That which is measured improves. That which is measured and reported improves exponentially”

- English mathematician Karl Pearson.

We're here to celebrate your progress, learn from setbacks, and cheer on your successes. To do this effectively, we need data. Think of yourself as becoming the world's leading research scientist studying your own life.

Start tracking your sobriety today. Yes, right now!

We're old-school at Nostos and prefer the simple, analog approach. That's why we encourage you to track your sobriety here with a pencil or pen.

Haven't written by hand in a while? Don't worry—it's like riding a bicycle. Pick a consistent time each day to update your log—perhaps right before bed. This **tracker runs for 10 weeks**, and today marks day one. You're welcome to adapt it to your needs or use it as is.

Example Sobriety Tracker Entry:

Day	Date	Sober Y/N	Streak	Cravings Y/N	Whats Working	Whats Not
Day 1	1/10/25	Y	5 days personal best!	Y - at work (5 mins, went for a walk and it stopped)	Breathing exercises, 5 things mindfulness exercise	Trying to distract myself with YouTube

Notes

WEEK ONE

Day	Date	Sober Y/N	Streak	Cravings Y/N	Whats Working	Whats Not
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

WEEK TWO

Day	Date	Sober Y/N	Streak	Cravings Y/N	Whats Working	Whats Not
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						