

THE **CUTBACK TRACKER**

Cut back without quitting to reset
your tolerance.

Let's
BudvocateTM

HOW TO USE THIS TRACKER

1

PLAN

Decide your intention
before you start tracking.

2

TRACK

Log how much you consumed
and how it made you feel.

3

CHECK IN

Reflect on your progress
and how you feel.

This isn't about perfection,
its about progress: use less, feel more.

SET YOUR INTENTIONS/ GOALS

Before you get started, get clear on why you're doing this and what you want to achieve by the end of the next 14 days.

Writing it down will help you stay motivated and remind you of why you started this journey.

EXAMPLES:

My why

Why do I want to cut back? (e.g. Lower tolerance, feel in control, save money)

My goal for these 14 days

Be realistic: less, not none (Unless that's your goal).

E.g. "Reduce from 8 joints a day to 5"
or "Save \$50 in 2 weeks".

How I want to feel

Pick words that inspire you. E.g. Clear, energised, calm, in control, etc.

What I'll do if I slip

Plan ahead: "If I down cut down one day and go over the next, I'll track it anyways and get back on track tomorrow".
No shame just keep going.

TIP:

Don't overthink it, just write whatever comes to mind.

SET YOUR INTENTIONS/ GOALS

My why

My goal for these 14 days

How I want to feel

What I'll do if I slip

PLAN Daily goal	TRACK How much did I consume?	CHECK IN Mood/ Energy/ Notes
EXAMPLE: Day 1 "Today I want to cut down from 7 joints to 6 joints"	EXAMPLE: "Today I smoked 6 joints"	EXAMPLE: "I felt like I had more energy but I definitely craved wanting that extra joint"

FINAL REFLECTION

How much less did I consume compared to before?

How do I feel compared to day 1?

How much money did I save?

One thing I want to keep doing from now on

CONGRATULATIONS!

You have completed the 14 day cutback tracker! Most people think about making change but you've taken the initiative to actually do it!

THIS MEANS YOU'VE:

✓ Taken real steps to cut back (Without quitting)

✓ Started resetting your tolerance

✓ Gained more control

✓ Saved yourself money

STAY CONNECTED AND KEEP GROWING

Check out more resources and join the community at:
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