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A Weekly Tool to Monitor Cognitive and Emotional Healing in Recovery

Cognitive Recovery Tracker

WEEKLY TRACKING (RATE 1-5)



Memory & Recall

☐☐☐☐☐☐☐☐

Focus & Attention

☐☐☐☐☐☐☐☐

Decision-making

☐☐☐☐☐☐☐☐

Communication/
Clarity

☐☐☐☐☐☐☐☐

Mood/Emotional
Regulation

☐☐☐☐☐☐☐☐

NOTABLE MILESTONES

TRIGGERS OR SETBACKS

CLINICIAN NOTES



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Track progress across memory, focus, decision-making, and mood with this structured clinical worksheet—ideal for weekly check-ins or reflective supervision sessions.