| Step Down Calendar | | | | Starting | 2x per day | | Over | 12 weeks | | |
|--------------------|--------------------|--|------|----------|------------|------|------|----------|------|---------|
| Week | Target per Week | Description | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sober % |
| 1 | 14 | 2x per day | [][] | [][] | [][] | [][] | [][] | [][] | [][] | |
| 2 | 10 | Alternating 2x/1x per day, every other day | [] | [][] | [] | [][] | [] | [][] | [] | |
| 3 | 7 | 1 x per day | [] | [] | [] | [] | [] | [] | [] | |
| 4 | 5 | 1x, skip every two days | [] | [] | | [] | [] | | [] | 29% |
| 5 | 5 | 1x, skip every two days | [] | | [] | [] | | [] | [] | 29% |
| 6 | 4 | 1x, skip every other day | [] | | [] | | [] | | [] | 43% |
| 7 | 3 | 1x, skip every other day | | [] | | [] | | [] | | 57% |
| 8 | 3 | 1x, skip every other day | | [] | | [] | | [] | | 57% |
| 9 | 2 | 1x, skip 2 days | | | [] | | [] | | | 71% |
| 10 | 2 | 1x, skip 2 days | | | [] | | [] | | | 71% |
| 11 | 1 | 1x per week | | | | [] | | | | 86% |
| 12 | 1 | 1x per week | | | | [] | | | | 86% |
| 13 | 0 | 0x per week | | | | | | | | 100% |

| Step Down Calendar | | | Starting | 1x per day | | Over | 6 weeks | | | |
|--------------------|--------------------|--------------------------|----------|------------|-----|------|---------|-----|-----|---------|
| Week | Target per Week | Description | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sober % |
| 1 | 7 | 1 x per day | [] | [] | [] | [] | [] | [] | [] | |
| 2 | 5 | 1x, skip every two days | [] | [] | | [] | [] | | [] | 29% |
| 3 | 4 | 1x, skip every other day | [] | | [] | | [] | | [] | 43% |
| 4 | 3 | 1x, skip every other day | | [] | | [] | | [] | | 57% |
| 5 | 2 | 1x, skip 2 days | | | [] | | [] | | | 71% |
| 6 | 1 | 1x per week | | | | [] | | | | 86% |
| 7 | 0 | 0x per week | | | | | | | | 100% |

| Step Down Calendar | | | Starting | Every other day | | Over | 6 weeks | | | |
|--------------------|--------------------|---------------------|----------|-----------------|-----|------|---------|-----|-----|---------|
| Week | Target per Week | Description | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sober % |
| 1 | 4 | 1 x every other day | [] | | [] | | [] | | [] | 43% |
| 2 | 3 | 1 x every other day | | [] | | [] | | [] | | 57% |
| 3 | 2 | 1x, skip 2 days | | [] | | | [] | | | 71% |
| 4 | 3 | 1x, skip 2 days | [] | | | [] | | | [] | 57% |
| 5 | 2 | 1x per week | | | | [] | | | | 71% |
| 6 | 1 | 1x per week | | | | [] | | | | 86% |
| 7 | 0 | 0x per week | | | | | | | | 100% |