

CoDA 12 Step - Weekly Guideline

| WEEK | Red Book | | New Book | | step | wksht | date | |
|------|----------|------|----------|------|------|-------|--------|-------------|
| | start | stop | start | stop | | | | |
| 1 | 6 | 8 | 7 | 9 | 1 | 1 | 4-May | 2016 |
| 2 | 9 | 10 | 10 | 11 | 1 | 2 | 11-May | |
| 3 | 11 | 13 | 12 | 14 | 1 | 3 | 18-May | |
| 4 | 14 | 16 | 15 | 17 | 1 | 4 | 25-May | |
| 5 | 17 | 19 | 18 | 20 | 1 | 5 | 1-Jun | |
| 6 | 20 | 22 | 21 | 23 | 1 | 6 | 8-Jun | |
| 7 | 23 | 25 | 24 | 25 | 1 | 7 | 15-Jun | |
| 8 | 26 | 27 | 26 | 28 | 1 | 8 | 22-Jun | |
| 9 | 30 | 32 | 30 | 32 | 2 | 1 | 29-Jun | |
| 10 | 33 | 34 | 33 | 34 | 2 | 2 | 6-Jul | |
| 11 | 35 | 37 | 35 | 37 | 2 | 3 | 13-Jul | |
| 12 | 38 | 39 | 38 | 39 | 2 | 4 | 20-Jul | |
| 13 | 40 | 42 | 40 | 42 | 2 | 5 | 27-Jul | |
| 14 | 43 | 45 | 43 | 45 | 2 | 6 | 3-Aug | |
| 15 | 46 | only | 46 | | 3 | 1 | 10-Aug | |
| 16 | 47 | 48 | 47 | 48 | 3 | 2 | 17-Aug | |
| 17 | 49 | 50 | 49 | 50 | 3 | 3 | 24-Aug | |
| 18 | 51 | 52 | 51 | 52 | 3 | 4 | 31-Aug | |
| 19 | 53 | 54 | 53 | 54 | 3 | 5 | 7-Sep | |
| 20 | 55 | 56 | 55 | 56 | 3 | 6 | 14-Sep | |
| 21 | 57 | 58 | 57 | | 3 | 7 | 21-Sep | |
| 22 | 60 | 64 | 59 | 63 | 4 | 1 | 28-Sep | |
| 23 | 65 | 69 | 64 | 68 | 4 | 2 | 5-Oct | |
| 24 | 70 | 74 | 69 | 72 | 4 | 3 | 12-Oct | |
| 25 | 75 | 79 | 73 | 78 | 4 | 4 | 19-Oct | |
| 26 | 80 | 83 | 79 | 81 | 4 | 5 | 26-Oct | |
| 27 | 85 | 86 | 83 | 84 | 5 | 1 | 2-Nov | |
| 28 | 87 | 88 | 85 | 86 | 5 | 2 | 9-Nov | |
| 29 | 89 | 91 | 87 | 89 | 5 | 3 | 16-Nov | |
| 30 | 92 | 94 | 90 | 92 | 5 | 4 | 23-Nov | ▼ |

| | | | | | | | | |
|----|-----|------|-----|-----|----|---|--------|-------------|
| 31 | 95 | 98 | 93 | 95 | 5 | 5 | 30-Nov | 2016 |
| 32 | 100 | 102 | 97 | 99 | 6 | 1 | 7-Dec | |
| 33 | 103 | 105 | 100 | 102 | 6 | 2 | 14-Dec | |
| 34 | 106 | 109 | 103 | 106 | 6 | 3 | 21-Dec | |
| 35 | 110 | 111 | 107 | 108 | 7 | 1 | 28-Dec | ↓ |
| 36 | 112 | 113 | 109 | 110 | 7 | 2 | 4-Jan | 2017 |
| 37 | 114 | only | 111 | | 7 | 3 | 11-Jan | |
| 38 | 115 | only | 112 | | 7 | 4 | 18-Jan | |
| 39 | 116 | 117 | 113 | 114 | 7 | 5 | 25-Jan | |
| 40 | 119 | 123 | 116 | 120 | 8 | 1 | 1-Feb | |
| 41 | 124 | 127 | 121 | 124 | 8 | 2 | 8-Feb | |
| 42 | 128 | 132 | 125 | 128 | 8 | 3 | 15-Feb | |
| 43 | 133 | 135 | 130 | 132 | 9 | 1 | 22-Feb | |
| 44 | 136 | 138 | 133 | 135 | 9 | 2 | 1-Mar | |
| 45 | 139 | 141 | 136 | 138 | 9 | 3 | 8-Mar | |
| 46 | 142 | 144 | 139 | 141 | 9 | 4 | 15-Mar | |
| 47 | 145 | 147 | 142 | 144 | 9 | 5 | 22-Mar | |
| 48 | 148 | 150 | 145 | 146 | 9 | 6 | 29-Mar | |
| 49 | 151 | 155 | 147 | 151 | 9 | 7 | 5-Apr | |
| 50 | 157 | 159 | 153 | 155 | 10 | 1 | 12-Apr | |
| 51 | 160 | 162 | 156 | 158 | 10 | 2 | 19-Apr | |
| 52 | 163 | 164 | 159 | 160 | 10 | 3 | 26-Apr | |
| 53 | 165 | 167 | 161 | 163 | 10 | 4 | 3-May | |
| 54 | 168 | 170 | 164 | 166 | 10 | 5 | 10-May | |
| 55 | 172 | 173 | 168 | 169 | 11 | 1 | 17-May | |
| 56 | 174 | 176 | 170 | 172 | 11 | 2 | 24-May | |
| 57 | 177 | 178 | 173 | 174 | 11 | 3 | 31-May | |
| 58 | 179 | 181 | 175 | 177 | 11 | 4 | 7-Jun | |
| 59 | 182 | 185 | 178 | 180 | 11 | 5 | 14-Jun | |
| 60 | 187 | 189 | 182 | 184 | 12 | 1 | 21-Jun | |
| 61 | 190 | 192 | 185 | 187 | 12 | 2 | 28-Jun | |
| 62 | 193 | 195 | 188 | 190 | 12 | 3 | 5-Jul | |
| 63 | 196 | 199 | 191 | 194 | 12 | 4 | 12-Jul | |
| 64 | 200 | 203 | 195 | 198 | 12 | 5 | 19-Jul | ↓ |

