

Compulsive Eaters Anonymous (CEA) - HOW Sponsor Checklist

This checklist is designated to help CEA-HOW sponsors ensure that their sponsees obtain all the materials and information needed to work the CEA-HOW program.

- **Sponsors:** Place checkmarks next to the items your sponsee has and fill in the information under "Sponsor Information." In addition, be sure to instruct your sponsees to weigh themselves the morning they start the CEA-HOW program and then only once a month until they reach maintenance. When you are finished, give this checklist to your sponsee.
- **Sponsees:** Keep this checklist handy as a reminder of any items you may still need to get and as a quick reference for your sponsor's information.

Check	Item
	<i>Forever Abstinent</i> booklet
	Tri-fold food plan (portable resource, not a replacement for <i>Forever Abstinent</i>)
	Food scale(s) – digital or postal
	Measuring cups
	Measuring spoons
	The Big Book of Alcoholics Anonymous (AA)
	<i>The Twelve Steps and Twelve Traditions</i> (AA)
	Bathroom scale
	Meeting list
	Meeting Phone list
	Notebook or journal

Sponsor Information

Name: _____ Phone Number: _____

Call time: _____ Email address: _____

The Seven Tools of CEA-HOW*

We are required to work the seven tools of CEA-HOW on a daily basis. They are:

- Three meals daily, weighed and measured
- Literature and writing
- Anonymity
- Four calls a day, one to our sponsor and three to other CEA-HOW members
- Three meetings a week
- Service
- Sponsorship

*Please refer to *Forever Abstinent* for more detailed information on the seven tools.