Drink diary

Record every drink for one week.

Name _____ Date _____

Record every drink, as close to the time as you can. One standard drink is a half pint of beer, a small glass of wine (100ml) or a pub measure of spirits.

Day	What I drank	Standard drinks	Where and who with	What was going on (mood, reason)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Total for the week	Alcohol-free days	Most in one day

What do I notice? When and why do I drink most?

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