

Drinks Diary

Use the table below to monitor how much you drink weekly:

	What did I drink?	How much?	Where?	Who with?	Units?	Feelings?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Looking at the chart, what changes might be helpful?

Some ideas might include:

- Choose a smaller glass or ABV
- Try to reduce intake by 1-2 drinks
- Try drinking low or no-alcohol alternatives
- Drinking in places which will help me to keep control
- Consider how I feel before I drink and how I might feel afterwards
- Have a few alcohol-free days each week
- Set yourself a limit
- Be mindful that drinks poured at home are typically larger than drinks served in pubs