

## Alcohol Diary

Use this diary to record the alcoholic drinks you have throughout the week – don't worry if you don't know how many units are in your drinks, write down what you had to drink and how much you had (for example, 2 pints of lager) and your Health Advisor can help you work out the number of units.



|           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Morning   |        |         |           |          |        |          |        |
| Afternoon |        |         |           |          |        |          |        |
| Evening   |        |         |           |          |        |          |        |

