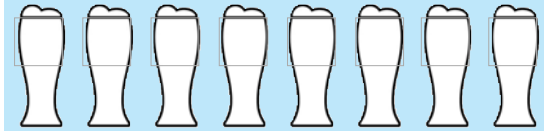
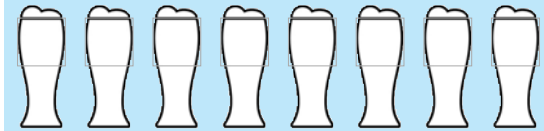
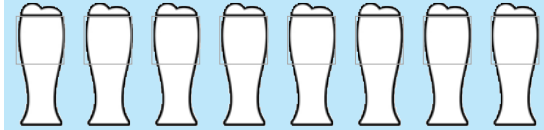
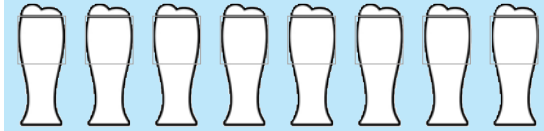
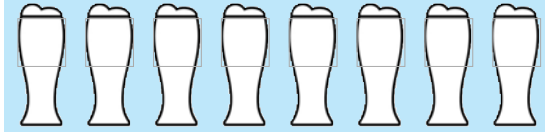
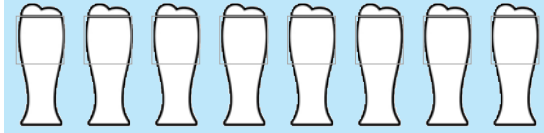
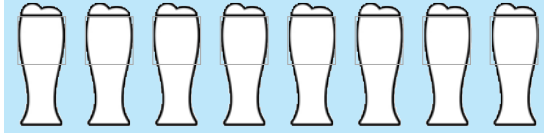
Alcohol Beer Diary

Name:

Date:

Use the table below to monitor how much you are drinking each day:

FDAC
The problem-solving court

	How many drinks did you have?	Who with and where did you drink?	How were you feeling when you drank?	Units
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Looking at the chart above what changes might be helpful?

Some ideas might include:

- Trying to reduce by number of times you drink.
- Drink in places which will help you to keep control.
- Considering how I feel before I start to drink and how I might feel afterwards.
- Think about drinking less 1 to 2 or less frequently

Email PDF

Clear dairy

Total Units

0.00