Alcohol Wine Diary

Name:

Date:

FDAC
The problem-solving court

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

	How maney drinks did you have?	Who were you with and where?	How were you feeling before?
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

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