



# Weekly Drinking Diary

Use this diary for a week or more to help you work out how much you're drinking, and identify any patterns

Day / Date	What did I drink?	Number of units	When....	Where....	With....	Why....	Total units today
<b>EXAMPLE</b> Day Tuesday Date 6/ 1/ 15	2 glasses wine 1 glass wine ½ bottle wine	5 3 6	Lunch Cooking & dinner When kids went to bed	Restaurant At home At home	Cheryl and Jo Meal with kids Alone	Being social with lunch Keep the buzz going Lonely, bored & upset	14
Day .....							
Date .....							
Day .....							
Date .....							
Day .....							
Date .....							



# Weekly Drinking Diary

Use this diary for a week or more to help you work out how much you're drinking, and identify any patterns

Day .....							
Date .....							
Day .....							
Date .....							
Day .....							
Date .....							
Day .....							
Date .....							