

# 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 .....							
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