

Name \_\_\_\_\_

Date \_\_\_\_\_



## 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 you can then use the alcohol units calculator on our website to work out the total number of units you have drunk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							