



# Drinks Plan

Try to write down the information immediately before or after each drinking occasion, or at the end of each day, rather than days later. Try to be as honest as you can.

Date: \_\_\_\_\_

Total units of alcohol consumed last week = \_\_\_\_\_

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Day	Plan	What did you actually drink ?	Time ?	Where ?	Who with ?	Why ?	Cost ?	Consequences of drinking, (or benefits of reduced or no drinking)
Example		5 x 500ml cans of Stella - 5% (12.5 units)	3pm-8pm	At home	By myself	Bored & anxious	£5.50	I felt more tired and distracted the next day
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

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# Drinks Diary

Date:

Total units of alcohol consumed this week =

Day	Type of alcohol and how many units ?	Time of day, where and who with ?	Reasons for drinking ?	Any consequences of your drinking ?
Example	3 Large glasses of wine - 9 units	Evening at a friends house	To relax and socialise	Hangover
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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Part of the

