



# 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		<i>5 x 500ml cans of Stella - 5% (12.5 units)</i>	<i>3pm-8pm</i>	<i>At home</i>	<i>By myself</i>	<i>Bored &amp; anxious</i>	<i>£5.50</i>	<i>I felt more tired and distracted the next day</i>
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Call: 0800 066 5362 or 0115 970 9590 Email: [info@nottinghamrecoverynetwork.com](mailto:info@nottinghamrecoverynetwork.com) Website: [www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com)





# 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	<i>3 Large glasses of wine - 9 units</i>	<i>Evening at a friends house</i>	<i>To relax and socialise</i>	<i>Hangover</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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