

Alcohol diary

Keeping track of your drinking.

It is not always easy to keep a track of your alcohol intake, especially if you're the kind of person who doesn't write a diary or who doesn't keep track of how you spend your money.

However, it is very interesting and revealing to track your alcohol consumption for a week or two. To do this you need an Alcohol Diary.

On the Alcohol Diary you simply keep a note of the number of Standard Drinks you have consumed each day. You can add up the total number of Standard Drinks you have had for each week.

To answer this question you need to know:

- The quantity or volume you are drinking
- The strength of the drink.

Visit our [How Much Am I Drinking?](#) page for more details on Standard Drinks.

Alcohol Diary				
	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total for Week				