
Before and After

Day 0 before you start; day 30; day 90 (Chapters 11, 13).

	Day 0	Day 30	Day 90
Weight			
Blood pressure			
Sleep (1–10, average of 3 mornings)			
Morning energy (1–10)			
Mood (1–10)			
AUDIT score			
Standard drinks per week			
Weekly spend on alcohol (\$, \$\$, \$\$\$)			
Calendar boxes ✓ / ○ / ✕			

Things I noticed: