Drink Diary: 14 Days

Fill in one line each night before bed. Count the glass you actually poured. Grams of alcohol = millilitres × strength (%) × 0.8 ÷ 100; one standard drink is about 10 grams (Chapter 5).

Day	What, how many ml, what %	Standard drinks	Where, with whom	Before the first drink I felt…
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

Day	What, how many ml, what %	Standard drinks	Where, with whom	Before the first drink I felt…
12				
13				
14				
Total				