

Consumption Journal

Now have a look at the sample and then:

- Write your starting date on the top of your first blank **journal**.

and

- At the beginning of each week, write your daily drinking goals for the next seven days.



1 standard drink:



OR



OR



middy of beer
(285mls)

small glass
of wine
(100 mls)

nip of spirits
(30 mls)

Example of completed diary

My starting date is Monday 14/4

Week 1	Drinking goal	Drinks consumed
Monday	0	0
Tuesday	0	1
Wednesday	2	2
Thursday	2	3
Friday	2	5
Saturday	2	3
Sunday	2	6

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This person started out well but did not achieve their goals for later in the week.

- The main thing to remember if you don't meet your goals is to keep on trying and to work out strategies to help you in the future

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Week 1	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Week 2	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Week 3	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Week 4	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Week 5	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Week 6	Drinking goal	Drinks consumed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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For each of your high risk times, pick two coping strategies; write them down under each high risk time on the following pages.

High risk time 1.

Ways of coping

1.

2.

High risk time 2.

Ways of coping

1.

2.

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High risk time 3.

Ways of coping

1.

2.

High risk time 4.

Ways of coping

1.

2.
