

DRINKING DIARY 1

Date	Morning	Units	Afternoon	Units	Evening	Units	Total Units
Monday							
Tuesday							
Wednesday							

Thursday						
Friday						
Saturday						
Sunday						
						Total units this week:

DRINKING DIARY 2

Date	Morning	Units	Afternoon	Units	Evening	Units	Total Units
Monday			At the pub with friends.	3	At home alone watching TV.	5	8
Tuesday					Dinner with workmates.	4	4
Wednesday							

Thursday		Pub with friends.	4	Alone at home doing little.	3	7
Friday		Pub with friends.	7			7
Saturday		Pub with friends.	5	Dinner with Lisa.	4	9
Sunday	Lunch with Robert.	2				2
Total units this week:						37