

Blank drinking chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
Plan	Plan	Plan	Plan	Plan	Plan	Plan	Plan
#_____	#_____	#_____	#_____	#_____	#_____	#_____	#_____
mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr
Actual	Actual	Actual	Actual	Actual	Actual	Actual	Actual
#_____	#_____	#_____	#_____	#_____	#_____	#_____	#_____
success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N
Mood	Mood	Mood	Mood	Mood	Mood	Mood	Satisfaction
safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	Notes

Abbreviations: mods = moderation; abs = alcohol abstinence; hr = harm reduction

One standard drink contains 0.6 oz of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor.

Sample drinking chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
Plan	Plan	Plan	Plan	Plan	Plan	Plan	Plan
# 17	# 0	# 1	# 17	# 0	# 0	# 0	# 35
mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr
Actual	Actual	Actual	Actual	Actual	Actual	Actual	Actual
# 17	# 17	# 1	# 17	# 0	# 0	# 0	# 52
success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N
Mood happy	Mood Tired	Mood happy	Mood happy	Mood happy	Mood happy	Mood happy	Satisfaction Plan was mostly successful
safety? Y N notes \$14.08	safety? Y N notes \$14.08	safety? Y N notes friend's birthday party \$0.00	safety? Y N notes \$14.08	safety? Y N notes work night	safety? Y N notes work night	safety? Y N notes work night	Notes \$42.24

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