

My drinking chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr	Plan #_____ mods abs hr
Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ success? Y N	Actual #_____ 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 US standard drink contains 0.6 oz (14g, 17.7) 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. Other countries use different measures.

Weekly rating: one star each for - charting, planning, keeping within plan, avoiding risk, doing something extra * * * * *