



# MY CHOICE!

## Daily Drinking Tracking Log



### STANDARD DRINK

FULL STRENGTH BEER	WINE	FORTIFIED WINE	SPIRITS
341ml 5% Alcohol	142ml 12% Alcohol	85ml 16–18% Alcohol	43ml 40% Alcohol
			

## INSTRUCTIONS

1. In the space below, write your name (and your drinking goal if you have decided on one. Leave blank if you have not)

### For each day:

2. Write the Date in the first column on the line that matches with the day of the week. For example if you start the tracking sheet on Wed., Nov. 9th, 2007, write “Nov. 2007” in the space for month and year as shown. On the line that has “Wed.” in the first column, you would write “9th”.

3. Next, record the number of standard drinks you had (Beer, Hard Liquor, and Wine) for the day. Write this amount in the “Total Number of standard drinks for the day” space for each day. If you don’t drink on a day, then write “0” in the space.

At the end of the week, there is space at the top of the page, “Total Number of Drinks for the week”, to add up the drinks for the week.

4. In the next column, “Did You Drink above your goal for the day?” answer by writing “Y” for yes or “N” for no in the space for each day. Leave blank if you haven’t decided on a goal.

5. In the column, “Urges to Drink?”, rate the strength of the urge from 0–5 (5 being the strongest, 0 being no urge that day), and write this number in the space provided.
6. In the “What was the Context of the drinking or urge” column, write where and whom you were with when you drank or had the urge to drink. You don’t have to give the names of people or places, you can use initials or just put “friend” or “family”.

7. In the last column, you can note what your thoughts and feelings were at the time you drank or had a strong urge to drink. There is space to make more notes related to any of your drinking situations or thoughts.

To make this tracking log as accurate as possible, it is important to record your drinking for the day at the end of each day, or if you forget, then as soon as you remember.

Name \_\_\_\_\_

Drinking Goal \_\_\_\_\_

WEEK # 2 of 8	TOTAL # OF STANDARD DRINKS FOR THE DAY	DID YOU DRINK ABOVE YOUR GOAL FOR THE DAY?	URGES TO DRINK?	WHAT WAS THE CONTEXT OF THE DRINKING OR URGE?	THOUGHTS AND FEELINGS ABOUT YOUR DRINKING OR URGES
June / 2007 month/year	If you did not drink on a day, write "0"	Write Yes or No	Rate the strength of the urge from 0-5	Write who you were with (or alone), where you were, and when	During the times you did drink or had urges to drink, write the feeling, thoughts you were having at the time. (e.g., you were bored, stressed, relaxed)
Monday 18	0	No	3		
Tuesday 19	0	No	0		
Wednesday 20	3	No	5	Was watching TV	Was bored, nothing good on TV, though it would be ok

Thursday 21	0	No	4		
Friday 22	5	Yes	5	Went out to bar with friends	Wanted to relax after work, and party
Saturday 23	7	Yes	5	Had a get-together at my place	Was nervous that people were not having fun, and everyone else was drinking
Sunday 24	0	No	2		

**ADDITIONAL NOTES:** I had some pretty strong urges this week. I don't feel that I dealt with them in the best way, as I drank over my daily goal on the weekend, but I did have some urges which I dealt with on a couple other days this week and I didn't drink. I am happy about that.

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