

## Drinking Diary

<b>Week: 1</b>			
	<b>No. of Drinks</b>	<b>Type of Drinks</b>	<b>Comments</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

<b>Week: 2</b>			
	<b>No. of Drinks/Units</b>	<b>Type of Drinks</b>	<b>Comments</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

<b>Week: 3</b>			
	<b>No. of Drinks/Units</b>	<b>Type of Drinks</b>	<b>Comments</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

<b>Week: 4</b>			
	<b>No. of Drinks/Units</b>	<b>Type of Drinks</b>	<b>Comments</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

The comments section can be used for noting down if you drank at home or out, with friends or alone or how you felt after. Keeping track like this can help you notice patterns in your drinking – some which you may decide to change