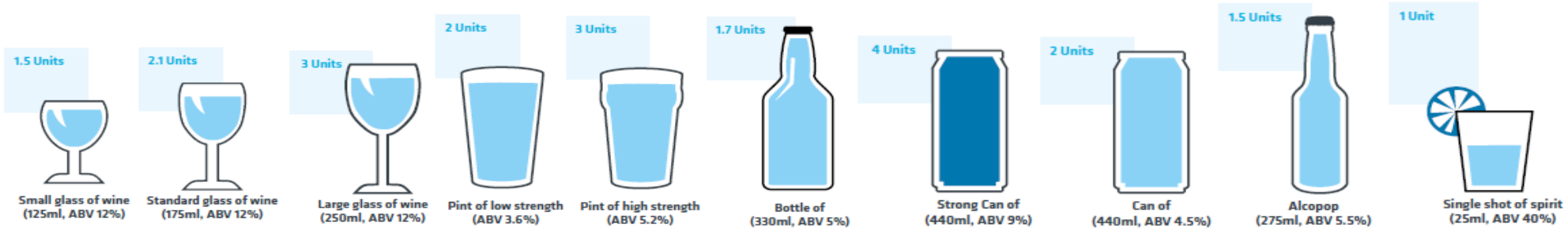
# Diary

Record the amount of alcohol you drink. Fill out the diary—we have given some examples below to help work out the units of alcohol consumed.




| Day of the week | Time | Number of drinking hours | Place | How many people were you with | Type of drink and strength | Number of units drunk | Money spent | Remarks: e.g. Feelings and any particular reason |
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