

Drinks Calendar

Record the number of standard units consumed on each day:

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____	Units: _____

Total of weeks 1-4 = _____ /28 = _____ average daily consumption

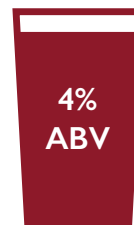
What's in a Drink?



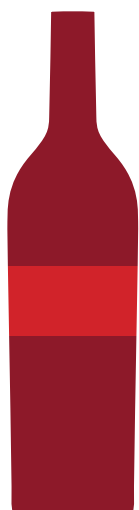
330 ml bottle of
premium strength
lager/beer/cider
5% ABV
1.7 units



**5.2%
ABV**
Pint of
premium strength
lager/beer/cider
3 units



**4%
ABV**
Pint of
standard strength
lager/beer/cider
2.3 units



Bottle of wine
13.5% ABV
10 units



175 ml
glass of wine
12% ABV
2.1 units



250 ml
glass of wine
12% ABV
3 units



**ALCO
POP**

275 ml
bottle of Alcopop
5% ABV
1.4 units



Double measure
of spirits (50 ml)
40% ABV
2 units



70 cl
bottle of spirits
40% ABV
28 units