

Alcohol & drug diary

i One standard drink contains 10g of pure alcohol. That is the equivalent of a half-pint of beer, a small glass of wine, or a pub measure of a spirit drink.

Day	Number of standard drinks	Type of drug	Amount of the drug	Where you were and who you were with	Money spent
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total					

Any consequences of taking alcohol or drugs this week?
