



Drink Diary

This diary is designed to let you see how much you're drinking and what you're spending on it in a typical week. It's simple and could be very revealing. It's suggested that you fill in each day as honestly and accurately as you can.

Day	Time	Where/ Who With?	Thoughts/ Feelings	Type of Drink	Number of units or drinks	Cost
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Total

Total