



# Substance Diary

This diary is designed to let you see how much you're using 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	Amount Used	Cost
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

<b>Total</b>	<b>Total</b>
<input type="text"/>	<input type="text"/>