

Day-to-Day Drinking Diary

Questions to Ask Yourself						Date:	
Day of the	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Why did I drink?							
When was my first and last drink today?							
How much did I drink in units?							
Where was I when I drank?							
Was I with anyone; if so, who?							
How did I feel when I wanted a drink?							
How did I feel when I drank?							
How did I feel after I drank?							
I rate my alcohol intake today as:							