

# Day-to-Day Alcohol Drinking Diary

Week of: \_\_\_\_\_  
(MM/DD/YY)

## Questions to Ask Yourself

Day of the Week	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 before I drank?							
How did I feel while drinking?							
How did I feel after I drank?							
I rate my alcohol intake today as:							



## \*Drinks in Units

If you are unsure about the units in a drink, choose one to the right that seems close to what you drank.

You can also figure out the number of units in any drink for yourself. Simply multiply the volume (in ml) by the ABV [in %] and divide by 1,000.

**For example:**

$$125 \text{ (ml of red wine)} \times 12 \text{ (\% ABV)} / 1000 = 1.5 \text{ units.}$$

1.5  
UNITS



Small glass  
red/white/rosé wine  
(125 ml, ABV 12%)

2.1  
UNITS



Standard glass  
red/white/rosé wine  
(175 ml, ABV 12%)

3  
UNITS



Large glass  
red/white/rosé wine  
(250 ml, ABV 12%)

1  
UNIT



Single small shot  
of a spirit  
(25 ml, ABV 40%)

2  
UNITS



Pint of lower-strength  
lager/beer/cider  
(ABV 3.6%)

3  
UNITS



Pint of higher-strength  
lager/beer/cider  
(ABV 5.2%)

1.7  
UNITS



Bottle of  
lager/beer/cider  
(330 ml, ABV 5%)

2  
UNITS



Can of  
lager/beer/cider  
(440 ml, ABV 4.5%)

ABV=alcohol by volume



Neuroscience Education Institute

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