

Keep a record of what you drink over the next 7 days

Date _____

Beer/Ale
Malt
Liquor

Spirits
Hard Liquor
(e.g. Vodka
Whisky)

Wine

Wine
Cooler

Liqueur
or Sherry



TOTAL

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weeks TOTAL: _____