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

chips

Date _____

	Beer/Ale Malt Liquor 12 oz.	Mixed Drinks Hard Liquor (e.g. Vodka, Whiskey) 1.5 oz.	Wine 5 oz.	Wine Cooler 12 oz.	Liqueur (e.g. Amaretto, Kahlua) 4 oz.	TOTAL
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week's TOTAL: _____

Approximate Drink Conversions

Type of Alcohol	Volume	Ounces of Alcohol*	Standard Drinks*
Beer/Ale/Malt Liquor	One Pint	16.0	1.3
Beer/Ale/Malt Liquor	1/2 Liter	33.0	2.8
Beer/Ale/Malt Liquor	1 Liter "Boot"	66.0	5.5
Hard Liquor	Double (Alone or in a Mixed Drink)	3.0	2.0
Hard Liquor	750ml (0.750 Liters)	25.4	16.9
Hard Liquor	1 Liter	33.8	22.5
Hard Liquor	1.75 Liters	59.2	39.5
Liqueur (Amaretto, Kahlua, Etc.)	One Regular Bottle "Fifth"	24.0	6.0
Liqueur (Amaretto, Kahlua, Etc.)	One Pint	16.0	4.0
Wine	1/4 Regular Bottle "Split"	6.0	1.2
Wine	1/2 Regular Bottle "Pint"	12.0	2.4
Wine	One Regular Bottle "Fifth" or "Quart"	25.0	5.0
Wine	One Large Size Bottle "Magnum"	50.0	10.0
Wine	1 Gallon	128.0	25.6
Wine	Box of Wine (7 Liters)	236.7	47.3
Hard Liquor/liqueur (Ratio Varies)	Long Island Iced Tea	6.0	4.0
1.5oz Hard Liquor/0.5oz Liqueur	Cosmopolitan	2.0	1.1
0.5oz Hard Liquor/4.5oz Liqueur	Chocolate Martini	3.5	1.5

ounces and standard drinks have been rounded to the nearest tenth