

# RECORD OF ALCOHOL USE

**NAME:** ..... **MONTH:** ..... / 20.....

## STANDARD DRINKS

**Beer**      Full Strength      FB      285ml  
                  Mid Strength      MB      375ml  
                  Light                      LB      425ml

**Wine**      Red                      RW      100ml  
                  White                    WW      100ml  
                  Sparkling                SW      100ml  
                  Fortified                 FW      60ml

**Spirits**    All Spirits                SS      30ml

Date	Day	Drinks	Number of Std Drinks
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
<b>Total Standard Drinks</b>			

Average Standard Drinks per Day = Total Std Drinks / Number of Days