

My drink diary

Drink type	Alcohol content	Measure/size	Units	Calories
Beer Carling, John Smith's, Guinness, Fosters	4%	Pint	2.3	187
Beer Kronenbourg, Stella Artois, Carlsberg Export	5%	Pint	2.8	235
Beer Grolsch, Budweiser	5%	Bottle (330ml)	1.7	136
Cider Magners, Strongbow	4.5%	Pint	2.6	216
Cider Frosty Jack's, Diamond White	7.5%	Can (500ml)	3.8	225
Alcopops WKD, Smirnoff Ice, Bacardi Breezer, VK	4%	Bottle (275ml)	1.1	147
Clear spirits Gordon's, Smirnoff, Bacardi	37.5%	Single (25ml)	0.9	52
Clear spirits Gordon's Smirnoff, Bacardi	37.5%	Single (35ml)	1.3	73
Dark spirits Bell's, Martell, Captain Morgan	40%	Single (25ml)	1	61
Dark spirits Bell's, Martell, Captain Morgan	40%	Single (35ml)	1.4	85
Wine	13%	125ml glass	1.6	100
Wine	13%	175ml glass	2.3	140
Wine	13%	250ml	3.3	200
Wine	13%	Bottle	9.8	600
Champagne	12%	125ml glass	1.5	95
Speciality drinks Archers	23%	Single (25ml)	0.6	65
Cream liqueur Baileys	17%	50ml glass	0.9	164

You might not pay too much attention to how much alcohol you drink or whether you're sticking to the unit guidelines – but it's probably a good idea to find out! Drinking too much alcohol can have an effect on your health, social life and personal safety.

- 1 Challenge yourself to record how much you drink over a month.
- 2 Keep this diary next to your bed and jot down what you've been drinking at the end of the day or the morning after the night before.
- 3 At the end of the four weeks, turn to page 14 to see how your drinking habits compare to the daily unit guidelines.
- 4 If you're not sure what a unit is you can use the unit table on page three. Or you can find the units in your favourite drink at www.drinkaware.co.uk/unitcalculator.
- 5 Add up all the money you have spent on alcohol over the four weeks. Set yourself a goal to reduce your intake to within or below the guidelines and spend the money on something else!

My drink diary

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinks consumed							
Comments							
Units							
£ spent							
Tick if within unit guidelines/no alcohol <input checked="" type="checkbox"/>	<input type="checkbox"/>						

Total money spent

Total ticks this week

My drink diary

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinks consumed							
Comments							
Units							
£ spent							
Tick if within unit guidelines/no alcohol <input checked="" type="checkbox"/>	<input type="checkbox"/>						

Total money spent

Total ticks this week

My drink diary

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinks consumed							
Comments							
Units							
£ spent							
Tick if within unit guidelines/no alcohol <input checked="" type="checkbox"/>	<input type="checkbox"/>						

Total money spent

Total ticks this week

My drink diary

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinks consumed							
Comments							
Units							
£ spent							
Tick if within unit guidelines/no alcohol <input checked="" type="checkbox"/>	<input type="checkbox"/>						

Total money spent

Total ticks this week