



## Evaluating Your Drinking Habits

You may feel like you only have “a few drinks now and then,” but if you start keeping track of how much you drink, you might be surprised to learn that you drink more than you thought. Keeping track of your drinking on a regular basis can help you two-fold. It will give you an honest depiction of how much you are drinking and an insight into your drinking patterns.

When looking at your drinking patterns, consider:

- Day of the week and time of day
- Who you are with
- Situation (bar, friend’s house, work event, home)
- How you were feeling (upset with a friend, nervous about upcoming deployment)
- Consequences (overslept the next morning, fought with friend, drove drunk)

| Date | Type of drink(s) | Amount | Consequence<br>(What happened?) |
|------|------------------|--------|---------------------------------|
|      |                  |        |                                 |
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*Adapted in part from the NIH NIAAA Rethinking Drinking Publication. Revised October 2015.*





## Rethinking Drinking 4-Week Tracker Card

Perhaps after evaluating your drinking habits, you have decided that you need to cut down on your drinking or quit altogether. There are several paths you can take to achieve this goal, including seeking the advice of your health care provider or attending a 12-step meeting. You can also start by trying to cut down on your alcohol consumption by keeping track of it.

Use the chart below to set your personal goals and to track your drinking amount over the course of four weeks. Keep it somewhere you are likely to be able to grab it when you need it or you can also create something like it on your smartphone, if it has the capability.

| GOAL: No more than ____ drinks on any day and ____ per week. |    |   |   |   |    |   |    |       |
|--|----|---|---|---|----|---|----|-------|
| Week Starting  | Su | M | T | W | Th | F | Sa | Total |
| ___/___  |    |   |   |   |    |   |    |       |
| ___/___  |    |   |   |   |    |   |    |       |
| ___/___  |    |   |   |   |    |   |    |       |
| ___/___  |    |   |   |   |    |   |    |       |

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Released: April 2016

This product is reviewed annually and is current until superseded.

