

### DAILY ALCOHOL SELF-MONITORING LOG

Name: \_\_\_\_\_

Year: \_\_\_\_\_

Goal: \_\_\_\_\_

Second Drug Name: \_\_\_\_\_

Date	Total # of Drinks	Was a Second Drug Used?	Did Your Drinking Cause You Problems?	Any Urges to Drink?	Situations Related to Your Alcohol Use or Urges to Drink? (check all that apply)				When You Had Urges to Drink or Drink, What Thoughts or Feelings Were You Experiencing?
		Yes = Y No = N	Yes = Y No = N	Yes = Y No = N	Alone	With Others	Private Place	Public Place	
Write Month and Day	If you did not drink on this day, write "0."								
Mon.									
Tues.									
Wed.									
Thur.									
Fri.									
Sat.									
Sun.									


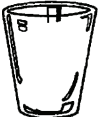


Weekly Total = \_\_\_\_\_

Use back for additional notes

#### Self-Monitoring Logs for Alcohol Use

- In the column **Any Urges to Drink?**, answer with either "Y" for yes or "N" for no.
- In the column **Situations Related to Your Alcohol Use or Urges to Drink?**, check where you were and who you were with when you used alcohol or felt a desire to drink. In the last column, you can note **What Thoughts or Feelings Were You Experiencing?** related to drinking or urges. Use the back of each log sheet to make additional notes related to your drinking.

To increase recording accuracy, it is important to record your drinking for each day rather than trying to recall it at the end of a week.

DRINKING LOG	ONE STANDARD DRINK =
<p><b>STANDARD DRINK CONVERSIONS</b></p> <p><b>WINE</b> 1 bottle (25 oz./750 ml) = 5 drinks 1 bottle (40 oz./1.14 L) = 8 drinks 1 bottle fortified (25 oz.) = 8 drinks</p> <p><b>HARD LIQUOR</b> 1 pint (16 oz./480 ml) = 11 drinks 1 fifth (25 oz./750 ml) = 17 drinks 1 quart (40 oz./1.14 L) = 27 drinks</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  12 oz. Beer (5%)         </div> <div style="text-align: center;">  1½ oz. Hard Liquor (whiskey, gin) (40%; 80 proof)         </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  5 oz. Regular Wine (12%)         </div> <div style="text-align: center;">  3 oz. Sweet Wine (20%)         </div> </div>