

EXAMPLE

Alcohol Log

Goal:

No more than: 1 drinks on any day & 7 drinks a week

Date or day of the week	Drink Type Beer, Wine, Spirit	Amount Standard drinks	External Triggers People, places, things, times of day, events or special occasions	Internal Triggers A positive feeling like excitement, a negative one like frustration, or a physical symptom like a headache, tension, or nervousness
mon	1 x glass of red wine	1	Afternoon, had a long and tiring day	Feeling stressed
tues	1 x glass low-alcohol wine	1/2	Dinner	-
wed	1/2 glass of red wine	1/2	Lunch with friends	-
thurs	1 x glass low-alcohol wine	1/2	Dinner	-
fri	1 beer & 2 glasses of red wine	3	Birthday celebration	Excitement, (little guilty)
sat	1 x glass of low-alcohol wine	1/2	-	-
sun	ALCOHOL FREE DAY	-	-	-
Total Number of standard drinks this week		6	Milestone Reward: Whats your reward for reaching your goal this week? I'll buy a new book	

EXAMPLE

Alcohol Log

Goal:

No more than: _____ drinks on any day & _____ drinks a week

Date <i>or day of the week</i>	Drink Type <i>Beer, Wine, Spirit</i>	Amount <i>Standard drinks</i>	External Triggers <i>People, places, things, times of day, events or special occasions</i>	Internal Triggers <i>A positive feeling like excitement, a negative one like frustration, or a physical symptom like a headache, tension, or nervousness</i>
<p style="text-align: right;">Total</p> <p><i>Number of standard drinks this week</i></p>			<p>Milestone Reward: <i>Whats your reward for reaching your goal this week?</i></p>	