

Drinks Calendar

HAVE A
WORD

Record the number of alcohol units consumed each day

Week One

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Low risk guidelines:-

Men and women are advised not to regularly drink more than 14 units a week. You should spread this out over three or more days in the week but also have drink-free days.

Check drinks labels for units but as a guide

1 Unit =



25ml
of a
spirit