

My Drinks Diary

| <u>Day</u> | <u>What did you drink?</u> | <u>How many units?</u> | <u>Where were you?</u> | <u>Who did you drink with?</u> | <u>How did you feel?</u> |
|------------------|----------------------------|------------------------|------------------------|--------------------------------|--------------------------|
| <u>Monday</u> | | | | | |
| <u>Tuesday</u> | | | | | |
| <u>Wednesday</u> | | | | | |

| | | | | | |
|------------------------|--|--|--|--|--|
| <u>Thursday</u> | | | | | |
| <u>Friday</u> | | | | | |
| <u>Saturday</u> | | | | | |
| <u>Sunday</u> | | | | | |

VOCAL supports carers and former carers to explore new ways to look after yourself and enjoy a life outside caring.

Contact centre@vocal.org.uk or call VOCAL on 0131 622 6666 for more information or visit www.vocal.org.uk/thatslife

Recommended alcohol limits for men and women

14 units of alcohol a week, which is:



6 pints of beer (4% strength) **OR**



7 glasses of wine (11.5% strength, 175ml) **OR**



14 single shots of spirits (40% strength)