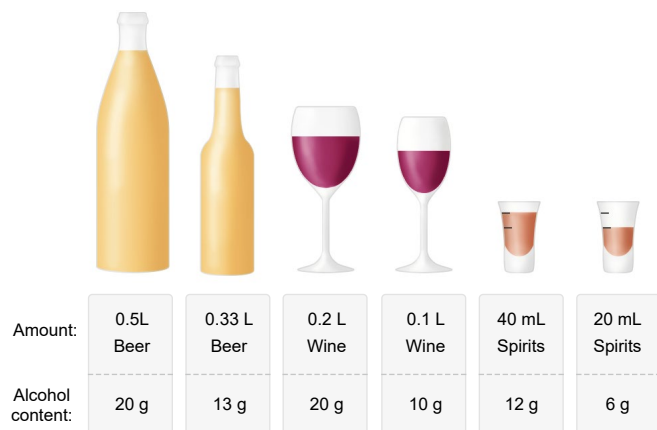


Drinking diary: How much alcohol do you actually drink?

It can be hard to say what you eat every week or how much money you spend per month. Most people don't pay much attention to these things in everyday life. The same is true for alcohol. If you would like to know how much you drink, you can keep a drinking diary for a few weeks. There you can make a note of the following:

- The alcoholic drinks that you had on the different days of the week (column: Alcohol you drank)
- How much alcohol was in those drinks (column: Amount of alcohol in grams)
- What situation you drank it in – for example, at a party or after having an argument (column: Situation / Occasion)

At the end of each week, add up the amounts of alcohol that you drank and enter the result into the row at the bottom of the table. The illustration below shows how many grams of alcohol there are in different types of drinks.



In Germany, the recommended maximum amount of alcohol is 12 grams per day for women and 24 grams per day for men – with at least two alcohol-free days per week. These amounts are described in grams. Other commonly used measurements include units of alcohol in the UK (1 unit = 8 grams) and standard drinks (1 standard drink = between 10 and 14 grams, depending on the country).

Day of the week	Alcohol you drank	Amount of alcohol in grams	Situation / Occasion
<i>Example</i>	<i>One large beer (500mL) One small shot of liquor (20mL)</i>	<i>20g 6g</i>	<i>To unwind after a stressful day at work</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total (week)			