


Instructions on how to assemble My Drink Diary

1. Print it **double-sided**
2. Cut it along the dashed line  - - -
3. Order the pages alphabetically, as shown in the picture below
4. Fold it in half and staple it together



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Visit drinkaware.co.uk for the facts about alcohol

On our website you'll find loads more information and advice on alcohol – from cutting down to dealing with hangovers.

Useful information

Sexual health

Brook provides sexual health advice. Visit brook.org.uk or call 0808 802 1234.

Addiction

Addaction is a drug and alcohol treatment charity. Visit addaction.org.uk

Mental health

YoungMinds provides information and advice for young people on mental health. Visit youngminds.org.uk

CMO guidance

The Government's Chief Medical Officer advises an alcohol-free childhood is best. If young people drink alcohol, it should not be until at least the age of 15 years and should be:

- with the guidance of a parent/carer or in a supervised environment
- no more than once a week
- within the daily unit guidelines for adults.

NHS

The NHS website – nhs.uk/alcohol – has more information on alcohol and its effects.

Young people

thesite.org.uk provides information and support for young people on topics including drinking, health and wellbeing.

Helplines

Drinkline provides confidential information, advice and support around drinking and drinking problems – call 0800 917 8282.

Samaritans provides confidential help for anyone who is experiencing feelings of distress or despair, including those which may lead to suicide – call 0845 790 9090.

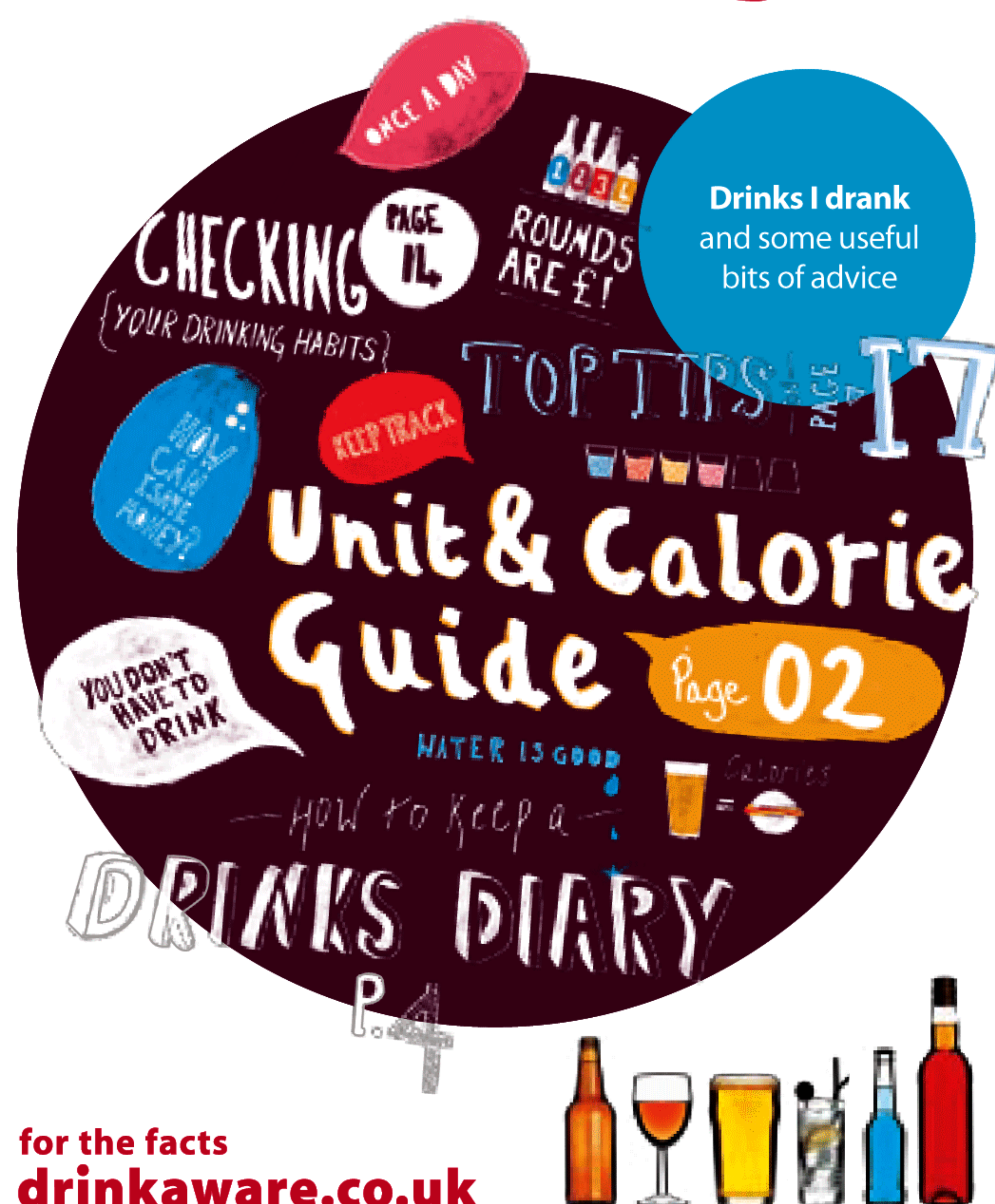
SupportLine provides confidential and emotional support on the telephone for children, young adults and adults who are socially isolated, vulnerable, at risk and victims of any form of abuse – call 01708 765 200.

for the facts
drinkaware.co.uk

Drinkaware is an independent alcohol education charity.
Registered Charity No. 1094586.



My Drink Diary



for the facts
drinkaware.co.uk



My Drink Diary

Needs
some
work

13-20

0-12

WAY
OVER

You scored 13-20 ticks and drank...
a good bit more than the
daily unit guidelines.

When you're drinking over the unit guidelines more than once a week you're moving into risky territory.

In the short term drinking more than the daily unit guidelines can cause disturbed sleep, weight gain and bad skin, hair and nails.

The more you drink, the more likely you are to get serious illnesses like cancer, liver damage or depression.

Drinking alcohol can make you do things you wouldn't when sober. You could be putting yourself at risk of serious accidents or sexual assaults so it's important to stick with your mates and get home safely.

Having too much to drink can also lead to embarrassing situations. You could drunkenly tell someone what you think of them, find cringe-worthy photos on Facebook or have problems in the bedroom – like impotence.

It might be time to have a think about your drinking habits. Read the next page for tips or sign up to www.mydrinkaware.co.uk. Please visit our website www.drinkaware.co.uk for more help.

You scored 0-12 ticks and drank...
way more than the daily unit
guidelines.

If you drink more than double the daily unit guidelines several times a week, it's time to take action.

Doctors say drinking at this level is definitely harmful to your body. In fact, steadily drinking this amount makes you much more likely than the average person to get serious long term illnesses like cancer, depression and liver damage.

Drinking to excess can also lead to problems in the bedroom – like impotence.

You could also be waking up with more than a hangover – especially if you've embarrassed yourself the night before by drunkenly telling someone what you think of them or found cringe-worthy photos on Facebook.

Finally, getting drunk can put you at risk of serious accidents or sexual assaults. Make sure you stick with your mates and get home safely.

Use our tips to help you cut back. Read the next page for tips or sign up to www.mydrinkaware.co.uk. Please visit our website www.drinkaware.co.uk for more help.

You might not pay too much attention to how much alcohol you drink or whether you're sticking to the unit guidelines – but it's probably a good idea to find out! Drinking too much alcohol can have an effect on your health, social life and personal safety.

- 1 Challenge yourself to record how much you drink over a month.
- 2 Keep the diary next to your bed and jot down what you've been drinking at the end of the day or the morning after the night before.
- 3 Then, at the end of the four weeks, turn to page 14 to see how your drinking habits compare to the daily unit guidelines.
- 4 If you're not sure what a unit is you can use the unit table on page 3. Or you can find the units in your favourite drink at www.drinkaware.co.uk/unitcalculator

drinkaware.co.uk 01

3-4
units
daily



2-3
units
daily



You should not regularly exceed
**3-4 units for men and
2-3 units for women.**



Alcohol can play a big part in our social lives.

Whether we're on a night out with our mates, at a gig, or having a bite to eat – we often see having a few drinks as essential to having fun.

How much money am I spending on **alcohol**?

Eating's **cheating** ...right?

I hope I don't get tagged in drunken photos on **Facebook**!

What does drinking alcohol do to my **body**?



Cutting back Top tips

I'll have a...?

Think about what you're ordering or drinking at home – some drinks contain more alcohol than others. For example, a single measure of vodka has one unit, while a pint of 4% beer has more than two. Bear this in mind if you're trying to cut down.

Eat

Have a meal before you start drinking to slow down the absorption of alcohol. This means you're more likely to make it to the end of the night.

Look after your mates

To avoid a good night turning bad, stick together and make sure everyone gets home safely.

Save money

You've seen how much you're spending on alcohol. Think how much you could save if you cut down! £20 saved per week translates to more than £80 a month, or £1,040 per year.

Alternate alcoholic drinks with soft drinks or water

Try having a soft drink or a glass of water between alcoholic drinks when you're out. Not only will this stop you guzzling the booze down, it'll help keep you hydrated and lessen a hangover.

Do something different

Lots of nights out can revolve around alcohol. Arrange alcohol-free social activities so you can reduce the nights you do drink. Try bowling, the cinema, dinner parties or games nights.

Stay out of rounds

Being part of a round means keeping up with the fastest drinker. Make the decision to buy drinks on your own at the beginning of the night to avoid getting roped into drinking more than you want to. You might save some money too.

Don't give in to peer pressure

Sometimes we can feel pressured by our mates to get drunk. Stay strong – if you refuse to get involved in heavy drinking sessions you'll be the one laughing when you don't have a hangover in the morning.

Just under a quarter of deaths among 16–24s are **alcohol-related**.



What's lurking in your drink?

This table tells you all you need to know about how many units there are in your favourite drinks.

If you can't find your favourite drink go to www.drinkaware.co.uk/unitcalculator. It'll give you the exact unit content for most major brands of drinks.

Remember that **cocktails** contain a mix of alcohol and are often at least **two units**.

There's been a **26%** increase in the number of under-35s dying from **alcoholic liver disease**.

One in seven young adults have **unprotected sex** after drinking too much.

Did you know that a 175ml **glass of wine** has the same calories as **three chocolate chip cookies**?



VERY

GOOD!

OK, but could do better

25-28 21-24

You scored 25–28 ticks and drank... within the daily unit guidelines all the time.

Well done! By drinking within the guidelines, it's unlikely you'll do any damage to your health because of alcohol.

You get extra brownie points if, as the sober one, you look after your mates on a night out too!

But make sure to carry on being aware of what you drink. It's easy to let your intake gradually creep up with a few extra drinks here and there, especially when you're on holiday and at certain times of year, like Christmas and birthdays.

You scored 21–24 ticks and drank... within the daily unit guidelines most of the time.

It might not seem like you're going over the top, but drinking those extra units could still cause you problems.

Drinking more than the daily unit guidelines can cause disturbed sleep, weight gain and bad skin, hair and nails.

Then there's the more serious health stuff: having a few too many means you're more likely to get long term health conditions like cancer, depression or liver damage.

A boozy night out can make you do things you wouldn't when sober – like telling someone what you really think of them or risking your personal safety by walking home alone or getting into unlicensed taxis.

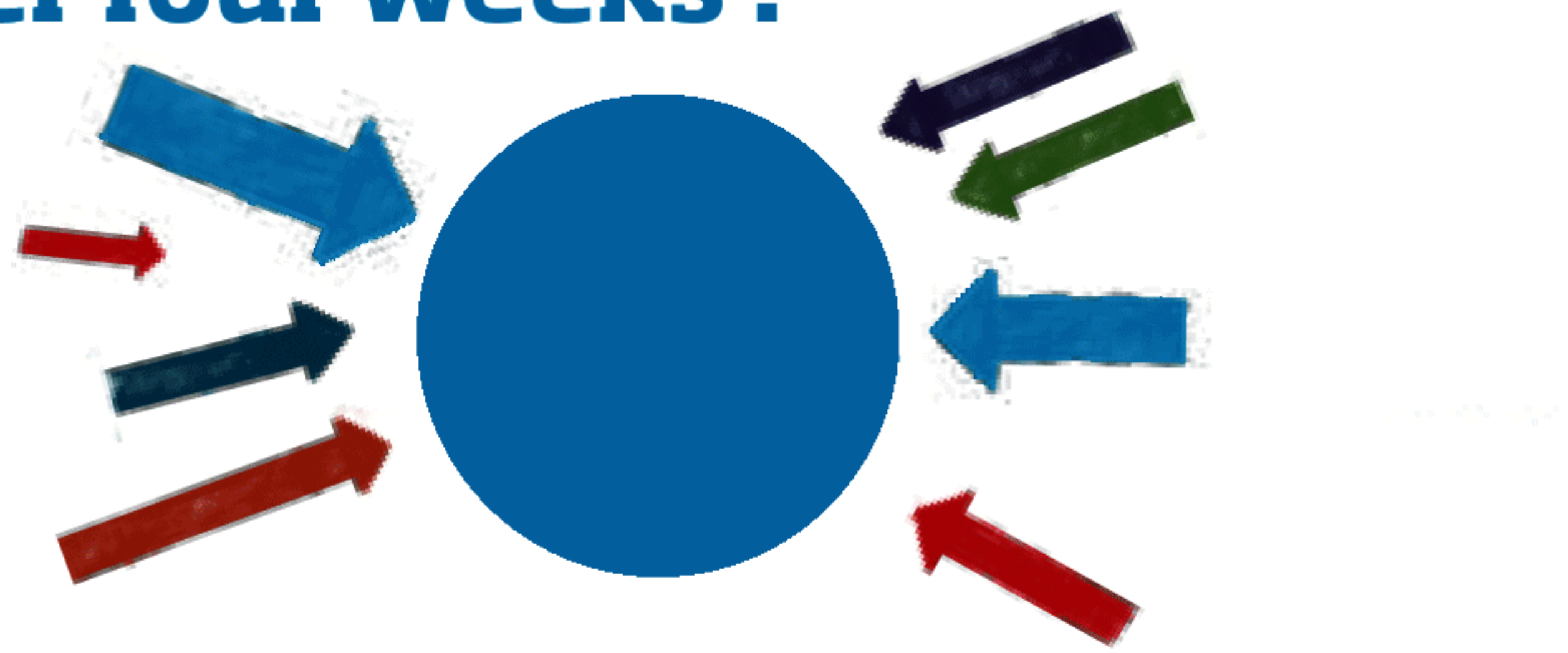
It doesn't take too much to cut back a little – turn over the page for tips or sign up to www.mydrinkaware.co.uk. Please visit our website www.drinkaware.co.uk for more help.

Accidents are a big risk when drunk – nearly **one in five** falls are **alcohol-related**.



if you scored lower, then PTO

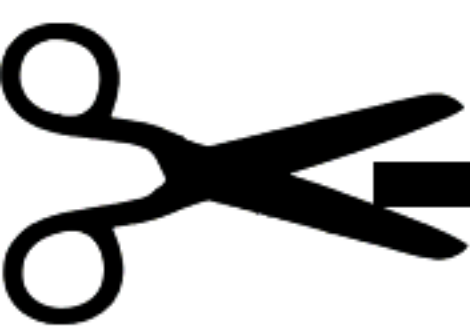
So what was your total ticks over four weeks ?



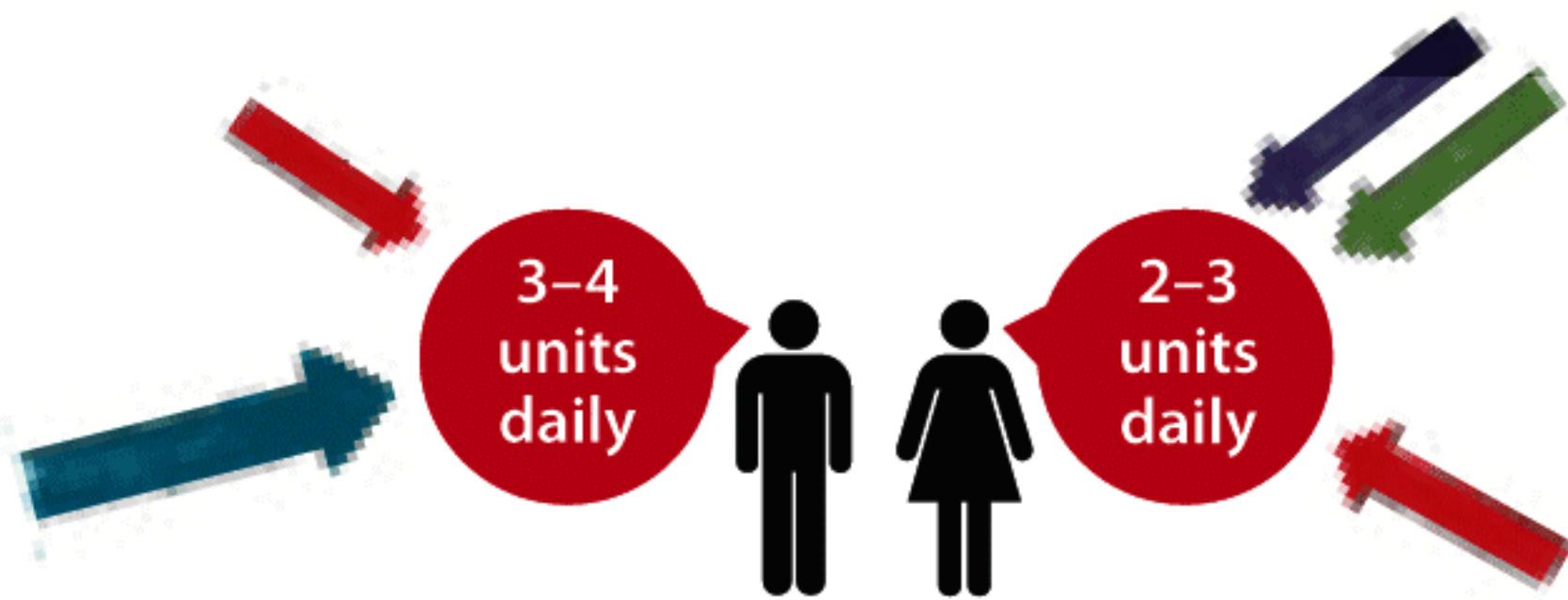
Along with health experts, The government advises people not to regularly drink more than the daily unit guidelines of 3-4 units of alcohol for men and 2-3 units of alcohol for women. "Regularly" means drinking every day or most days of the week. Obvioulsy, it's also recommended that you try to stay healthy in other ways too, through a good diet, exercise and plenty of sleep. So how do your drinking habits stack up?

Drink type	Alcohol content	Measure/size	Units	Calories
Beer Carling, John Smith's, Guinness, Fosters	4%	Pint	2.3	187
Beer Kronenbourg, Stella Artois, Carlsberg Export	5%	Pint	2.8	235
Beer Grolsch, Budweiser	5%	Bottle (330ml)	1.7	136
Cider Magners, Strongbow	4.5%	Pint	2.6	216
Cider Frosty Jack's, Diamond White	7.5%	Can (500ml)	3.8	225
Alcopops WKD, Smirnoff Ice, Bacardi Breezer, VK	4%	Bottle (275ml)	1.1	147
Clear spirits Gordon's, Smirnoff, Bacardi	37.5%	Single (25ml)	0.9	52
Clear spirits Gordon's, Smirnoff, Bacardi	37.5%	Single (35ml)	1.3	73
Dark spirits Bell's, Martell, Captain Morgan	40%	Single (25ml)	1	61
Dark spirits Bell's, Martell, Captain Morgan	40%	Single (35ml)	1.4	85
Wine	13%	125ml glass	1.6	100
Wine	13%	175ml glass	2.3	140
Wine	13%	250ml glass	3.3	200
Wine	13%	Bottle (750ml)	9.8	600
Champagne	12%	125ml glass	1.5	95
Speciality drinks Archers	23%	Single (25ml)	0.6	65
Cream liqueur Baileys	17%	50ml glass	0.9	164

C



Week 04



Monday	Tuesday	Wednesday	Thursday
Drinks consumed	Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments	Comments
Units	Units	Units	Units
£ Spent	£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

Friday	Saturday	Sunday
Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments
Units	Units	Units
£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

Total ticks this week

3

D

Sample week



Monday	Tuesday	Wednesday	Thursday
Drinks consumed	Drinks consumed	Drinks consumed	Drinks consumed
2x large glass wine + 1 Beer	None	3x Beer 1x Rum	G+T
Comments	Comments	Comments	Comments
Long day Needed a Drink! 😞	Watched a film at home with Zoë	Went out with old friends Jim + Ed	Slept in this morning and missed appointment! Feel a bit Hungover only I drink with Stef
Units	Units	Units	Units
Wine = 6.6 Beer = 2.3 8.9		3x 2.3 1x 1 = 7.9	Had a double 2
£ Spent	£ Spent	£ Spent	£ Spent
£11 😞		£16	£3.75!
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

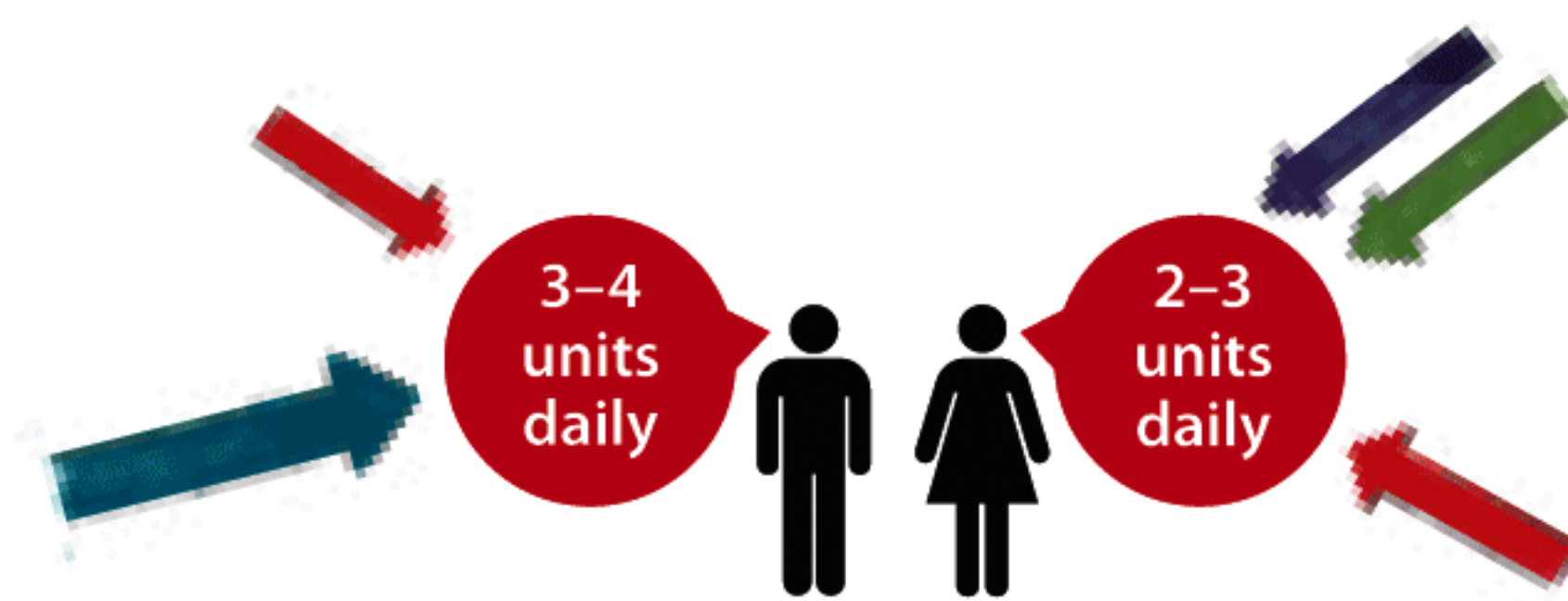
Men: 3–4 units daily. Women: 2–3 units daily.

Friday	Saturday	Sunday
Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments
Units	Units	Units
£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

Total ticks this week



Week 01



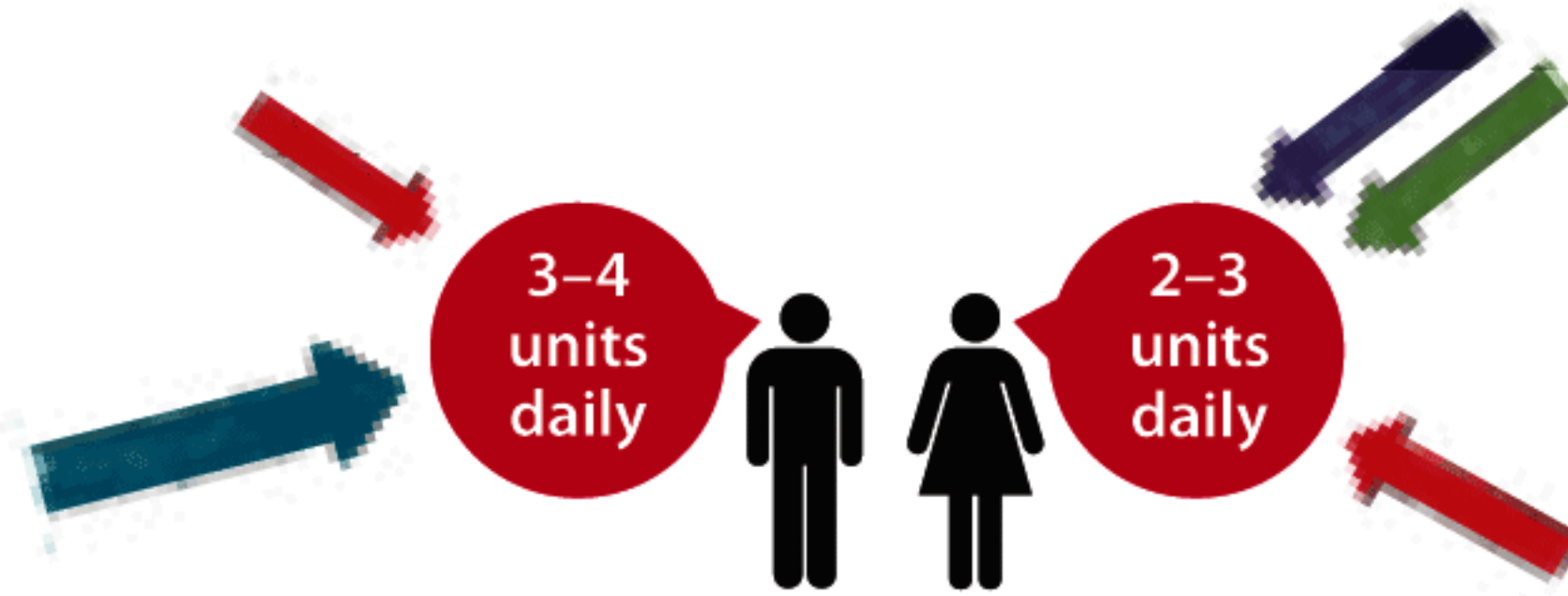
Monday	Tuesday	Wednesday	Thursday
Drinks consumed	Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments	Comments
Units	Units	Units	Units
£ Spent	£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

Men: 3–4 units daily. Women: 2–3 units daily.

Friday	Saturday	Sunday
Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments
Units	Units	Units
£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol	Tick if within unit guidelines/ no alcohol

Total ticks this week

Week 03



Monday	Tuesday	Wednesday	Thursday
Drinks consumed	Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments	Comments
Units	Units	Units	Units
£ Spent	£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>

Men: 3–4 units daily. Women: 2–3 units daily.

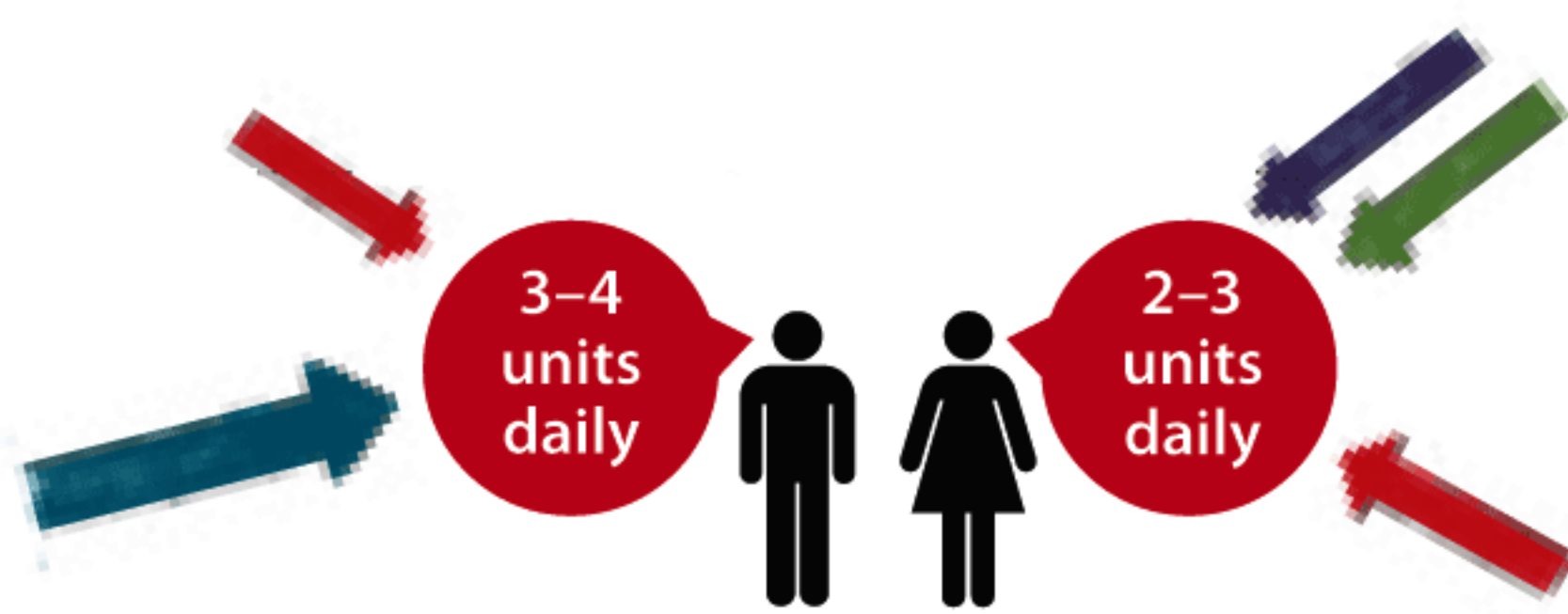
Friday	Saturday	Sunday
Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments
Units	Units	Units
£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>

Total ticks
this week



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Week 02



Monday	Tuesday	Wednesday	Thursday
Drinks consumed	Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments	Comments
Units	Units	Units	Units
£ Spent	£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>

Friday	Saturday	Sunday
Drinks consumed	Drinks consumed	Drinks consumed
Comments	Comments	Comments
Units	Units	Units
£ Spent	£ Spent	£ Spent
Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>	Tick if within unit guidelines/ no alcohol <input type="checkbox"/>

Total ticks this week

Men: 3–4 units daily. Women: 2–3 units daily.



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