

Drinking Logs: Many people find using drinking cards or logs helpful in reducing or quitting alcohol consumption. The idea is to write down when and how much you drink. Here is an example of a drink monitoring tool.

Four-Week Drinking Tracker Card

GOAL: No more than ____ drinks on any day and ____ per week.

Week starting	Su	M	T	W	Th	F	Sa	Total
___/___								
___/___								
___/___								
___/___								

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