

DRINK		AMOUNT	UNITS OF ALCOHOL
Beers & Lagers	Standard Strength	1/2 pint	1 - 1 1/4
		1 pint	2 - 2 1/2
		1 can	1 1/2 - 2
	Export	1 pint	2 3/4 - 3 1/2
		1 can	2 1/2
	Extra Strength	1/2 pint	2 1/2
		1 pint	5
1 can		4	
Ciders	Standard Strength	1/2 pint	1
		1 pint	2 - 2 1/2
		1 litre	4
	Strong	1 pint	2 3/4 - 3 1/2
		1 litre	6
Table Wine	Standard (Note some wines are stronger than this)	1 glass	1
		1 bottle	6 - 9 3/4
		1 litre	8 - 13
Sherry and Fortified Wine	Standard	1 small measure	1 1/2 - 2 1/2
		1 bottle	14 - 20
Spirits	All Standard Spirits e.g. whisky, vodka, gin	1 single measure	1
		1 bottle	28 - 32

Using this diary may help you be aware how much you are drinking and understand why.

It may help you recognise experiences that influence your drinking.

Simply make brief notes describing the story of your drinking. What happened before, during and afterwards. For example;

<p>Before drinking: I felt lonely</p>	<p>During: I was at the pub from 8-11pm I drank lager-10 units</p>	<p>Afterwards: I was ill</p>
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If you are not sure how to figure units of alcohol then just list the drinks you had, such as 2 pints of cider, 3 vodkas



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Drinks Diary



DRINKING AND SAFETY

If you drink up to 14 units of alcohol spread throughout the week, then you are drinking within sensible limits. Try to spread your consumption across the week, avoid bingeing and have regular alcohol free days.

This guidance is for both men and women.

Drinking above 14 units per week puts you at increased risk of damaging your health.

Drinking also increases the risk of accidents involving yourself and others.

Be wary of mixing alcohol with other drugs. Please check it is safe to drink with any prescribed medication you may be taking.

Try to be aware of changes in how you feel and behave. Increased consumption, irritability and arguments or taking time of work may indicate problem drinking.

WORKING OUT HOW MUCH YOU DRINK

A simple way of doing this is to monitor your drinking by counting units of alcohol. These measure the approximate amount of alcohol found in drinks.

Counting units can be useful. You can figure how much alcohol you drank, even if you had several different drinks.

Remember, drinks prepared at home may be larger than the 'pub' measures listed overleaf.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL UNITS PER WEEK
1								↓
	UNITS							
2								↓
	UNITS							
3								↓
	UNITS							

Before attending or during your counselling program it can be helpful if you take time to think about your alcohol consumption, how much, with whom and when. By completing the drinks diary and taking it to your next counselling session, it will help you and your counsellor to identify triggers and patterns in your drinking.