Weekly drink diary

1 U.S. standard drink = 14 g of pure alcohol

Day	What and how much	Drinks	Where / with whom	Why	How I felt the next day
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

- Wine, 5 oz (12%) = 1 drink
- Regular beer, 12 oz (5%) = 1 drink
- Spirits, 1.5 oz (40%) = 1 drink
- Risk of death starts to rise above about 7 drinks a week