

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;

**Before drinking:**  
I felt lonely

**During:**  
I was at the pub  
from 8-11pm  
I drank lager-10 units

**Afterwards:**  
I was ill

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



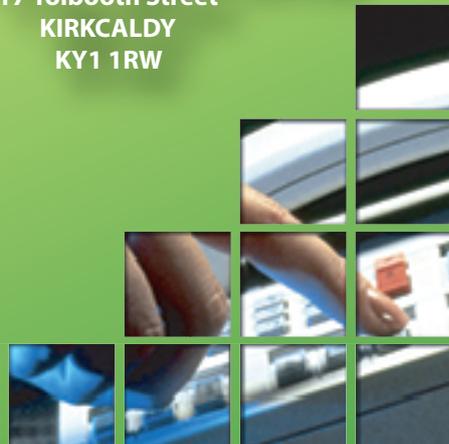
Call us in confidence on  
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Email  
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Website  
[www.fife-alcohol-support.org.uk](http://www.fife-alcohol-support.org.uk)

**Fife Alcohol Support Service**  
17 Tolbooth Street  
KIRKCALDY  
KY1 1RW



# Drinks Diary



## DRINKING AND SAFETY

If you are male and drink up to 21 units of alcohol spread throughout the week or a female drinking up to 14 units, then you are drinking within sensible limits. However, try to have 2-3 days each week without alcohol and avoid 'binging'.

If you are male drinking from 22 to 50 units of alcohol each week or female drinking between 15 and 35 units. You are at increased risk of damaging your health in the long term

If you are male drinking more than 50 units of alcohol each week or female drinking more than 35 units. You are at serious risk of damaging your health.

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

Be wary of mixing alcohol with other drugs. If you are taking medication, check that it is safe to use alcohol.

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.