



Drinking Less Diary

You may find using something like this alcohol diary useful for keeping track of how much you're drinking each week.

It's important to keep accurate records and write down every drink you have, no matter how small. Research shows that people who keep a good record of their drinking, are more likely to achieve their goals to cut down.

Know your units

The number of units in a drink is based on the size of the drink, as well as its alcohol strength.

For example, a pint of strong lager contains 3 units of alcohol, whereas the same volume of low-strength lager has just over 2 units.

Knowing your units will help you stay in control of your drinking

Drinks with one unit of alcohol

- Half pint of regular beer, lager or cider
- Half a small glass of wine
- A single measure of spirits

Drinks with more than one unit

- An alcopop or a 275ml bottle of regular lager - 1.5 units
- A 440ml can of regular lager or cider - 2 units
- A 250ml glass of wine (12%) - 3 units
- A 75cl bottle of wine (12%) - 9 units

Knowing your daily unit recommendations will help you when you are monitoring your drinking.

Remember these recommendations are a guide to work towards. It's not expected that you would reach these recommended limits straight away.

The Chief Medical Officer recommends that people (regardless of sex or gender identity) should not have more than 14 units per week.

Day	Type of Drinks	No of Drinks	Units	Total per Day
Example	Wine (12%)	1 Glass 125ml	2.5	1
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				