What's a Standard Drink?

1 standard drink equals

12 ounces of beer

4 ounces of wine

1.5 ounces of liquor

Use this card to keep a daily log of the number of drinks you have per day and per week. This info may be useful to you.

IB 10-345 Stock P96401 Revised: September 2015

Drinking Diary Card

	S	M	T	W	Th	F	S	Total:
Week 1								
Week 2								
Week 3								
Week 4								
Start Date:					**Monthly Total:**			

What's a Standard Drink?

1 standard drink equals

12 ounces of beer

4 ounces of wine

1.5 ounces of liquor

Use this card to keep a daily log of the number of drinks you have per day and per week. This info may be useful to you.

IB 10-345 Stock P96401 Revised: September 2015

Drinking Diary Card

	S	M	T	W	Th	F	S	Total:
Week 1								
Week 2								
Week 3								
Week 4								
Start Date:					**Monthly Total:**			

What's a Standard Drink?

1 standard drink equals

12 ounces of beer

4 ounces of wine

1.5 ounces of liquor

Use this card to keep a daily log of the number of drinks you have per day and per week. This info may be useful to you.

IB 10-345 Stock P96401 Revised: September 2015

Drinking Diary Card

	S	M	T	W	Th	F	S	Total:
Week 1								
Week 2								
Week 3								
Week 4								
Start Date:					**Monthly Total:**			

Making a Change Plan

- ALCOHOL
- OTHER DRUG USE
- STRESS
- SMOKING

- HEPATITIS C TREATMENT
- LABS & FOLLOW-UP
- ACTIVITY & FOOD
- SUPPORT

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

My specific goal is to:

The steps I plan to take in changing are:

Challenges that might interfere:

How I will handle these challenges:

I will know my plan is working if:

For more information, please visit: http://www.hepatitis.va.gov

Making a Change Plan

- ALCOHOL
- OTHER DRUG USE
- STRESS
- SMOKING

- HEPATITIS C TREATMENT
- LABS & FOLLOW-UP
- ACTIVITY & FOOD
- SUPPORT

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

My specific goal is to:

The steps I plan to take in changing are:

Challenges that might interfere:

How I will handle these challenges:

I will know my plan is working if:

For more information, please visit: http://www.hepatitis.va.gov

Making a Change Plan

- ALCOHOL
- OTHER DRUG USE
- STRESS
- SMOKING

- HEPATITIS C TREATMENT
- LABS & FOLLOW-UP
- ACTIVITY & FOOD
- SUPPORT

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

My specific goal is to:

The steps I plan to take in changing are:

Challenges that might interfere:

How I will handle these challenges:

I will know my plan is working if:

For more information, please visit: http://www.hepatitis.va.gov