What's a Standard Drink?	Drinking Diary Card								
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week 1								
12 ounces of beer	Week								
4 ounces of wine	2								
1.5 ounces of liquor	Week 3								
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.	Week 4								
	Start Date:					Monthly Total:			
IB 10-345 Stock P96401 Revised: September 2015									
What's a Standard Drink?	Drinkin	Orinking Diary Card							
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week 1								
12 ounces of beer	Week								
4 ounces of wine	2								
1.5 ounces of liquor	Week 3								
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.	Week 4								
	Start Date:					Monthly Total:			
IB 10-345 Stock P96401 Revised: September 2015					,				
What's a Standard Drink?	Drinkin	Orinking Diary Card							
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week 1								
12 ounces of beer	Week								
4 ounces of wine	2								
1.5 ounces of liquor	Week 3								
Use this card to keep a daily log of the number of drinks	Week 4								
you have per day and per week. This info may be useful to you.	Start Date:					Monthly Total:			
IB 10-345 Stock P96401 Revised: September 2015									

