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									
4 ounces of wine	Week 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 I	Date:	Monthly Total		otal:				

IB 10-345 Stock P96401 Revised: September 2015

What's a Standard Drink?	Drinking Diary Card								
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week								
12 ounces of beer									
4 ounces of wine	Week 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 I	Date:				Mor	nthly T	otal:	
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IB 10-345 Stock P96401 Revised: September 2015

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1 standard drink equals	Week								
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Making a Change Plan	My specific goal is to:	
 ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing Challenges that might interfere:	are:
 HEPATITIS C TREATMENT LABS & FOLLOW-UP ACTIVITY & FOOD SUPPORT 	How I will handle these challenges: I will know my plan is working if:	
VA VI VICE VICE VICE VICE VICE VICE VICE V	<i>For more information, please visit:</i> My specific goal is to:	http://www.hepatitis.va.gov
Making a Change Plan ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing Challenges that might interfere:	are:
 HEPATITIS C TREATMENT LABS & FOLLOW-UP ACTIVITY & FOOD SUPPORT 	How I will handle these challenges: I will know my plan is working if:	
VA WILLING US. Department of Veterans Affairs Veterans Health Administration Office of Public Health Making a Change Plan	For more information, please visit:	http://www.hepatitis.va.gov
 ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing. Challenges that might interfere:	are:
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VAA U.S. Department of Veterans Affairs Veterans Health Administration Office of Public Health	For more information, please visit:	http://www.hepatitis.va.gov