**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.

**Drinking Diary Card**

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**Start Date:**

**Monthly Total:**

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IB 10-345    Stock P96401    Revised: September 2015
Making a Change Plan

- ALCOHOL
- OTHER DRUG USE
- STRESS
- SMOKING
- HEPATITIS C TREATMENT
- LABS & FOLLOW-UP
- ACTIVITY & FOOD
- SUPPORT

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