

DATE
Did you take your medication today?
Level of craving (mild, mod, severe)
Did you have an alcoholic drink today?

### WEEK 1



### WEEK 2



### WEEK 3



If you had an alcoholic drink today:

TIME
Where were you?
How many standard drinks did you have?
Could you stop when you wanted to?

## WEEK 4







Simple. Reliable. On Your Terms

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## TREATMENT PLAN DIARY

In order to make sure that you have the best possible treatment plan, your doctor has asked you to fill in a diary every day. Remember to take it with you to your next doctor's appointment.

One Standard Drink	1 MIDDY OF NORMAL BEER (285 ML) OR	2 CANS OF NORMAL BEER = 3 STANDARD DRINKS
	1 GLASS OF TABLE WINE (100 ML) OR	
	1 GLASS OF FORTIFIED WINE (60 ML) OR	1 SCHOONER OF LIGHT BEER (425 ML) = 1 STANDARD DRINK
	1 SINGLE NIP OF SPIRITS (30 ML)	