



Alcohol Use Agreement and Drinking Diary Cards

Resource summary: Providers can use these sample forms to develop an alcohol consumption agreement with clients and help them track their daily drinking.

Alcohol Use Agreement and Drinking Diary Cards

The purpose of this step is to decide on a drinking limit for yourself for a particular period of time. Negotiate with your healthcare provider so you can both agree on a reasonable goal. A reasonable goal for some people is abstinence—not drinking any alcohol.

As you develop this agreement, answer the following questions:

- How many standard drinks?
- How frequently?
- For what period of time?

Agreement

Date _____

Client signature _____

Clinician signature _____

Drinking Diary Card

One way to keep track of how much you drink is the use of drinking diary cards. One card is used for each week. Every day record the number of drinks you had. At the end of the week add up the total number of drinks you had during the week.

Card A

Keep Track of What You Drink Over
The Next 7 Days

Starting Date _____				
	Beer	Wine	Liquor	Number
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
WEEK'S TOTAL:				

Card B

Keep Track of What You Drink Over
The Next 7 Days

Starting Date _____				
	Beer	Wine	Liquor	Number
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
WEEK'S TOTAL:				

Adapted from material in the public domain.¹⁴⁶⁴