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| **What’s my goal around alcohol consumption for this month?** |  |

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| **MONTHLY TRACKING KEY:** | |
| **#drinks today** | How many alcoholic drinks today. Be honest on the pouring sizes / glasses - be consistent in how you record it. |
| **Why?** | Why did you have a drink? Where were you? Was it a particular place or trigger? |
| **With..** | Who were you drinking with? |
| **How did I feel before / during / after?** | What were you TRYING to FEEL - or NOT feel? Trying to feel connected? Trying to escape feeling stressed? Avoiding feeling bored? |
| **# New N/A** | What new non-alcoholic drinks did you try today? Lemon, Lime and Bitters? Coconut Water? Kombucha? Seedlip? CONSCIOUSLY try and expand your non-alcoholic repertoire of enjoyable drinks. |

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| **Date** | **# Drinks today** | **Why?** | **With..** | **How did I feel before/during/after?** | **# New N/A** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |
| **11** |  |  |  |  |  |

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| **Date** | **# Drinks today** | **Why?** | **With..** | **How did I feel before/during/after?** | **# New N/A** |
| **12** |  |  |  |  |  |
| **13** |  |  |  |  |  |
| **14** |  |  |  |  |  |
| **15** |  |  |  |  |  |
| **16** |  |  |  |  |  |
| **17** |  |  |  |  |  |
| **18** |  |  |  |  |  |
| **19** |  |  |  |  |  |
| **20** |  |  |  |  |  |
| **21** |  |  |  |  |  |
| **22** |  |  |  |  |  |
| **23** |  |  |  |  |  |
| **24** |  |  |  |  |  |
| **25** |  |  |  |  |  |
| **26** |  |  |  |  |  |
| **27** |  |  |  |  |  |
| **28** |  |  |  |  |  |
| **29** |  |  |  |  |  |
| **30** |  |  |  |  |  |
| **31** |  |  |  |  |  |