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Worksheet: TRACKING YOUR DRINKING BEHAVIOUR

Use this worksheet to track your drinking behaviour to help determine whether you have a drinking problem.

The simple exercise of monitoring your alcohol consumption for eight weeks, using photocopies of the table provided on page 3 of this document, can have a tremendous impact on your drinking behaviour.

The **Example Tables**, shown on page 2, illustrate how someone might complete all the empty boxes in the table for a typical week. The first table shows data entered for three days in a row. The second table shows data entered for seven days in a row.

Complete the empty boxes in the **Tracking Table**, shown on page 3, following the simple guidelines outlined below.

Date: Monitor your consumption for eight weeks, using a new empty table each week. Record each day's date, and stay with the exercise until eight weeks have passed.

Number of drinks: One drink is equivalent to a 12-ounce bottle of beer, a six-ounce glass of wine, or 1-ounce of liquor. Keep track of how much you drink and record the number honestly each evening. You are doing this exercise for no one's eyes but your own.

Reason: Record your best guess for the reason that you drink every evening before you go to bed. Possible reasons include boredom, feeling lonely, needing to fall asleep, or wanting to stop thinking about a problem.

Quality of sleep: Use a scale of 1-10 to rate your quality of sleep, where 1 indicates quite a poor night's sleep and 10 indicates a fantastic night's sleep. Record your response every evening for the previous night's sleep under the previous day's date.

Energy next day: Use a scale of 1-10 to rate your energy the next day, where 1 indicates quite low energy and 10 indicates incredibly high energy. Record your response every evening for that day under the previous day's date.



EXAMPLE TABLES: TRACKING YOUR DRINKING BEHAVIOUR

Note: This table shows only the first four days of data entered. Data in the last two rows of the table for January 30 cannot be entered until the evening of February 1.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	Jan 27	Jan 28	Jan 29	Jan 30	Feb 1	Feb 2	Feb 3
Number of drinks	6	7	0	5			
Reason	Wind down	Wind down	Good day	To sleep			
Quality of sleep (1-10)	4	4	6				
Energy next day (1-10)	6	5	8				

Note: This table shows only the first seven days of data entered. Data in the last two rows of the table for February 2 cannot be entered until the evening of February 3.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
Number of drinks	6	7	0	5	11	13	3
Reason	Wind down	Wind down	Good day	To sleep	Social	Social	To sleep
Quality of sleep (1-10)	4	4	6	6	3	2	
Energy next day (1-10)	6	5	8	7	3	3	



TRACKING YOUR DRINKING BEHAVIOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Number of drinks							
Reason							
Quality of sleep (1-10)							
Energy next day (1-10)							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Number of drinks							
Reason							
Quality of sleep (1-10)							
Energy next day (1-10)							