

Sample drinking chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
Plan	Plan	Plan	Plan	Plan	Plan	Plan	Plan
# 17	# 0	# 1	# 17	# 0	# 0	# 0	# 35
mods abs <input checked="" type="radio"/> hr	mods <input checked="" type="radio"/> abs hr	<input checked="" type="radio"/> mods abs hr	mods abs <input checked="" type="radio"/> hr	mods <input checked="" type="radio"/> abs hr	mods <input checked="" type="radio"/> abs hr	mods <input checked="" type="radio"/> abs hr	mods abs <input checked="" type="radio"/> hr
Actual	Actual	Actual	Actual	Actual	Actual	Actual	Actual
# 17	# 17	# 1	# 17	# 0	# 0	# 0	# 52
success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input type="radio"/> Y <input checked="" type="radio"/> N	success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input checked="" type="radio"/> Y <input type="radio"/> N	success? <input type="radio"/> Y <input checked="" type="radio"/> N
Mood happy	Mood Tired	Mood happy	Mood happy	Mood happy	Mood happy	Mood happy	Satisfaction Plan was mostly successful
safety? <input checked="" type="radio"/> Y <input type="radio"/> N	safety? <input type="radio"/> Y <input checked="" type="radio"/> N	safety? <input type="radio"/> Y <input checked="" type="radio"/> N	safety? <input checked="" type="radio"/> Y <input type="radio"/> N	safety? <input type="radio"/> Y <input checked="" type="radio"/> N	safety? <input type="radio"/> Y <input checked="" type="radio"/> N	safety? <input type="radio"/> Y <input checked="" type="radio"/> N	Notes \$42.24
notes \$14.08	notes \$14.08	notes friend's birthday party \$0.00	notes \$14.08	notes work night	notes work night	notes work night	

Abbreviations: mods = moderation; abs = alcohol abstinence; hr = harm reduction

One US standard drink contains 0.6 oz (14g, 17.7) of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor. Other countries use different measures.

Weekly rating: one star each for - charting, planning, keeping within plan, avoiding risk, doing something extra * * * *