

Sample Risk Tracking Chart										
Risky Behavior	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Sub-total	Rank	Total
Drinking and driving	0	0	0	0	0	0	0	0	4	0
Unsafe sex	0	0	1	0	1	0	0	2	4	8
Drunk dialing	0	0	0	0	0	2	0	2	2	4
Grand Total										12

Mark down a number for each time you engaged in a high risk drinking behavior for each day. If you didn't engage in the behavior give yourself a zero.