

What's a Standard Drink?

1 standard drink equals

12 ounces of beer

4 ounces of wine

1.5 ounces of liquor

Use this card to keep a daily log of the number of drinks you have per day and per week. This info may be useful to you.

Drinking Diary Card

	S	M	T	W	Th	F	S	Total:
Week 1								
Week 2								
Week 3								
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Start Date:					Monthly Total:			

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Making a Change Plan

- ALCOHOL
- OTHER DRUG USE
- STRESS
- SMOKING

- HEPATITIS C TREATMENT
- LABS & FOLLOW-UP
- ACTIVITY & FOOD
- SUPPORT



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My specific goal is to:

The steps I plan to take in changing are:

Challenges that might interfere:

How I will handle these challenges:

I will know my plan is working if:

For more information, please visit: <http://www.hepatitis.va.gov>

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