What's a Standard Drink? Drinking Diary Card									
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week 1								
12 ounces of beer									
4 ounces of wine	Week 2								
1.5 ounces of liquor	Week 3								
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.	Week 4								
	Start I	Date:	Monthly Total		otal:				

IB 10-345 Stock P96401 Revised: September 2010

What's a Standard Drink?	Drinking Diary Card								
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week								
12 ounces of beer									
4 ounces of wine	Week 2								
1.5 ounces of liquor	Week 3								
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.	Week 4								
	Start I	Date:				Monthly Total:			
ID 10 245 Charle DOC 401 Device all Companyle av 2010									

IB 10-345 Stock P96401 Revised: September 2010

What's a Standard Drink? Drinking Diary Card									
		S	М	Т	W	Th	F	S	Total:
1 standard drink equals	Week								
12 ounces of beer									
4 ounces of wine	Week 2								
1.5 ounces of liquor	Week 3								
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.	Week 4								
	Start I	Date:	Monthly Total:			otal:			

Making a Change Plan	My specific goal is to:	
 ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing Challenges that might interfere:	are:
 HEPATITIS C TREATMENT LABS & FOLLOW-UP ACTIVITY & FOOD 	How I will handle these challenges:	
SUPPORT Department of Veterans Affairs Veterans Affairs	For more information, please visit:	http://www.hepatitis.va.gov
Making a Change Plan	My specific goal is to:	
 ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing Challenges that might interfere:	are:
 HEPATITIS C TREATMENT LABS & FOLLOW-UP ACTIVITY & FOOD 	How I will handle these challenges: I will know my plan is working if:	
SUPPORT Department of Veterans Affairs Veterans Affairs	<i>For more information, please visit:</i>	http://www.hepatitis.va.gov
Making a Change Plan	My specific goal is to:	
 ALCOHOL OTHER DRUG USE STRESS SMOKING 	The steps I plan to take in changing Challenges that might interfere:	are:
 HEPATITIS C TREATMENT LABS & FOLLOW-UP ACTIVITY & FOOD 	How I will handle these challenges: I will know my plan is working if:	
SUPPORT Department of Veterans Affairs VA Hepatitis C Resource Centers	For more information, please visit:	<u>http://www.hepatitis.va.gov</u>