

The De-Stress Effect Progress Chart – Alcohol Awareness Chart

Monitor your alcohol consumption and look to only drink choices from the green rows, saving those below for occasional treats only as most sugary – note units drunk



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Champagne or dry white wine - best choice with least sugar – 75 ml glass is one unit							
Red wine, occasional is fine – 75 ml glass is one unit							
Vodka or gin, lime and soda – mixers can add extra sugar							
Total daily units – best choices above							
Spirits with mixers containing sugar or sweeteners							
Other drinks eg fortified or dessert wines, beer or other more sugary choices – to be limited to occasional treats							
Total daily units – more sugary options							
Total for whole day 2 agreed as ideal to aim for 3 agreed as maximum to aim for							
Where and how was the alcohol drunk?							
Why did you drink the first drink?							
Why did you drink the last drink?							