

Drinking Diary

Why is it advisable to keep a drinking diary? Use the drinking diary to record the amounts of alcohol you drink next week or over a period of several weeks. Enter the amounts on a daily basis. This will help you see more clearly where and when you drink.

Additionally, you may become aware of circumstances and events preceding drinking: who you were with and what were you doing. You may make important and interesting discoveries concerning your alcohol use.

The drinking diary gives you information on situations where drinking caused you no harm. At the same time, you will learn about situations in which you risk drinking too much and which you should learn to cope with in other ways.

Use [Standard Drink Counter](#) to convert the amounts you drink into standard doses. [Jeppe Drinking Diary](#) helps you to keep track on your drinking online (in Finnish).

Week			
	Number of drinks	Type of drinks	Place consumed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

link

Source URL: <https://paihdelinkki.fi/en/self-help/alcohol/drinking-diary>