Daily Drink Tracker

Directions: Use the following Daily Drink Tracker to record your daily drink consumption and compare the number of drinks you consume to your daily goal. Also record the type of drink, situation in which you were drinking, and contributing factors in order to see trends in your drinking over time. When setting your drinking goal, be sure to choose one that is SMART: Specific, Measurable, Attainable, Relevant, and Time-based.

My Goal: No more than _____ drinks on any day.

Date	**Type(s) of drink**	**Consumed** (# of drinks)	**Difference from goal** (+/-)	**Situation** (who, what, where, when, why)	**Result** (positive/negative consequences)
example: 02/10/15	Beer	2	-1	Friend's birthday party at their house	Had a good time. Didn't have a hangover and didn't feel like my judgment was impaired.

Released August 2016 by Deployment Health Clinical Center, a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Center.
This product is reviewed annually and is current until superseded.
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