

Government guidelines categorise the following levels of risk for DAILY alcohol consumption.

NB: The Royal College of Psychiatrists recommend that these limits should be halved for people over 55.

Weekly Drinks Diary

Lower risk: (No more than)

Women up to **2 - 3** units a day - Men up to **3 - 4** units a day

Increasing risk: (Over)

Women over **2 - 3** units a day - Men over **3 - 4** units a day

Higher risk: (Regularly drinking over)

Women over **6** units a day (over 35 units pw) - Men over **8** units a day (over 50 units pw)

	Drink consumed	When, Where, Who with	Feelings	£ Spent	Units
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
TOTAL FOR THE WEEK =					