

ALCOHOL INVENTORY

– past 14 days

One standard glass



DATE	DAY OF THE WEEK	WINE (GLASSES)	BEER/CIDER (GLASSES)	SPIRITS (GLASSES)	DRANK IN CONNECTION WITH	TOTAL AMOUNT GLASSES/DAY
TOTAL AMOUNT GLASSES/OVER2 WEEKS						

GLASS PER WEEK:

Consumption over 14 glasses / week for men and 9 glass / week for women increases the risk of ill health.

NUMBER OF DAYS WITH HIGH CONSUMPTION:

That often drink large amounts of alcohol on one occasion (more than 4 glasses of a man and three glasses for a woman), increases the risk of injury and diseases.