

## Instructions for Filling Out the Timeline Alcohol Use Calendar

To help us evaluate your drinking, we need to get an idea of what your alcohol use was like in the past \_\_\_\_ days. To do this, we would like you to fill out the attached calendar.

- ✓ Filling out the calendar is not hard!
- ✓ Try to be as accurate as possible.
- ✓ We recognize you won't have perfect recall. That's OKAY.

### ✓ **WHAT TO FILL IN**

- The idea is to put a number in for **each day** on the calendar.
- On days when you did not drink, you should write a "0".
- On days when you did drink, you should write in the total number of drinks you had.
- We want you to record your drinking on the calendar using Standard Drinks. *For example*, if you had 6 beers, write the number 6 for that day. If you drank two or more different kinds of alcoholic beverages in a day such as 2 beers and 3 glasses of wine, you would write the number 5 for that day.

**It's important that something is written for every day, even if it is a "0".**

### ✓ **YOUR BEST ESTIMATE**

- We realize it isn't easy to recall things with 100% accuracy.
- If you are not sure whether you drank 7 or 11 drinks or whether you drank on a Thursday or a Friday, **give it your best guess!** What is important is that 7 or 11 drinks is very different from 1 or 2 drinks or 25 drinks. The goal is to get a sense of how frequently you drank, how much you drank, and your patterns of drinking.

### ✓ **HELPFUL HINTS**

- If you have an appointment book you can use it to help you recall your drinking.
- Holidays such as Thanksgiving and Christmas are marked on the calendar to help you better recall your drinking. Also, think about how much you drank on personal holidays & events such as birthdays, vacations, or parties.
- If you have regular drinking patterns you can use these to help you recall your drinking. For example, you may have a daily or weekend/weekday pattern, or drink more in the summer or on trips, or you may drink on Wednesdays after playing sports.

### ✓ **COMPLETING THE CALENDAR**

- A blank calendar is attached. Write in the number of Standard Drinks that you had each day.
- The time period we are talking about on the calendar is  
from \_\_\_\_\_ to \_\_\_\_\_.
- In estimating your drinking, be as accurate as possible.
- **DOUBLE CHECK THAT ALL DAYS ARE FILLED IN BEFORE RETURNING THE CALENDAR.**
- Before you start look at the **SAMPLE CALENDAR AND STANDARD DRINK CHART** on the next page.

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✓ **SAMPLE CALENDAR**

	SUN	MON	TUES	WED	THURS	FRI	SAT
2000						1	2
						8	0
S	3	4 Labor Day	5	6	7	8	9
E	7	0	3	8	1	0	11
P	10	2	0	3	5	14	4
T	17	18	19	20	21	22	23
	2	0	0	0	0	2	13
	24	25	26	27	28	29	30
	0	0	6	0	0	0	2

**U. S. STANDARD DRINK CONVERSION CHART**  
**One Standard Drink Is Equal To**

- ◆ 12 oz of BEER (5%)
  
- ◆ 5 oz of WINE (10% – 12%)
  
- ◆ 3 oz of FORTIFIED WINE (16% – 18%)
  
- ◆ 1.5 oz of HARD LIQUOR (86 proof – 100 proof; 43% – 50%)

- ◆ WINE: 1 Bottle
 

25 oz/750 ml	=	5 standard drinks
40 oz/1.5 liter	=	8 standard drinks
25 oz fortified	=	8 1/3 standard drinks

- ◆ HARD LIQUOR: 1 Bottle
 

12 oz (mickey)	=	8 standard drinks
26 oz	=	17 1/3 standard drinks
40 oz	=	26 2/3 standard drinks