Drink Tally

One drink, one tick. Fifth one crosses. 𝍸

MONTH _____ YEAR _____

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 _____	Hard																
	Soft																
2 _____	Hard																
	Soft																
3 _____	Hard																
	Soft																
4 _____	Hard																
	Soft																

		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
1	Hard																
	Soft																
2	Hard																
	Soft																
3	Hard																
	Soft																
4	Hard																
	Soft																

Hard vodka, whiskey, rum, gin, tequila, shots, mixed drinks

Soft beer, wine, cider, seltzer

Fieldnote fieldnote.health