Drinking Journal



Tracking your behaviors is an important way to learn about yourself and your habits. It's up to you to choose what you think a healthy lifestyle goal is for YOU.

Right now, my healthy lifestyle goal is:

Date	Drink Choices What did you drink, and how much?	Notes Did you notice or want to remember anything else?	CONSISTENCY Check "yes" if you think this choice met your healthy lifestyle goal above
Friday Feb 12	l pint light beer	Enjoyed slowly with friends While over for dinner	Yes No
			Yes No