## ALCOHOL INVENTORY <br> - past 14 days

## One standard glass

|  | 50CL <br> MEDIUMSTRONG BEER | 33 CL STRONG BEER |  | 33 CL STRONG CIDER |  | 4 CL HARD LIQUOR |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DATE | DAY OF THE WEEK | WINE (GLASSES) | BEER/CIDE <br> (GLASSES) | ER SPIRITS <br> (GLASSES) | DRANK IN CONNECTION WITH | TOTAL <br> AMOUNT <br> GLASSES/DAY |
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## GLASS PER WEEK:

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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.

