

## Current Alcohol Use

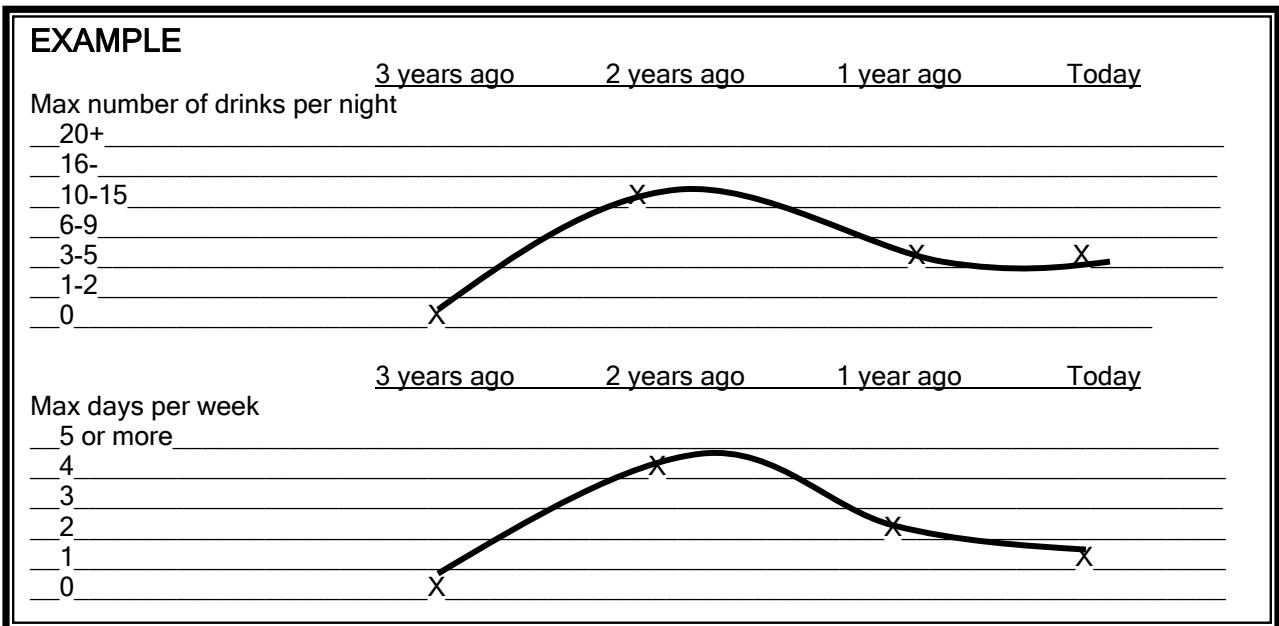
On an average week, how many days do you consume alcohol and how many drinks per day?

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

It is okay if you are not at the 0-1-3 guideline at this time. The most important thing is that you are moving towards that guideline.

**Past use:** Over the last four years, what has your typical alcohol use been?

	3 years ago	2 years ago	1 year ago	Today
Max Number of drinks* per night				
20+				
16-20				
10-15				
6-9				
3-5				
1-2				
0				
Max days per week				
5 or more				
4				
3				
2				
1				
0				



**ARE YOU INCREASING OR DECREASING AMOUNTS AND TIMES PER WEEK?**