



Moderate Your Drinking

What is moderate drinking?

As per the World Health Organization (WHO), moderate drinking is defined as no more than 3-4 standard drinks (SD) in one sitting with a weekly total of no more than 9SD for women and 12-14SD for men. Another important criterion for drinking in moderation is limiting your blood alcohol concentration (BAC) to higher than .055. A good rule of thumb for this is no more than one SD per hour. A final consideration is how many days in a row to drink. Since doing anything for three days in a row exponentially increases the likelihood of forming a habit around that behavior, it is a good idea to limit to no more than two days back-to-back.

What is a standard drink?

Beer: 12oz can (One pint of beer is be 1 1/3 drinks)

Wine: 5oz glass (One bottle of wine is 5 drinks)

Hard liquor: 1.5oz (One standard shot or one airplane/hotel bottle)

Factors to consider in developing your plan:

How many days total in the week will you drink?: _____

What is your upper drink limit for the week?: _____

What is your upper drink limit for a day?: _____

Know your risks?

Be flexible with your plan because there can be things you won't anticipate. For example, you might plan ahead of time to have two drinks at dinner on Friday but, when Friday rolls around you recognize that you're feeling really cranky, or maybe you've just had an argument with a spouse or had little sleep the night before. It is important to recognize the circumstances that will reduce your ability to drink in a healthy way. Give yourself permission to step back and regroup for the day.

What are the types of emotions that can interfere with your moderate drinking plan?

What are the types of situations that can interfere with your moderate drinking plan?

Who are the people that can interfere with your moderate drinking plan?

Moderation plan for week beginning: _____

Below is a tracking chart to help set a moderation plan. At the start of the week, set your intentions for what days you plan to drink and how many drinks you would like to limit yourself to using the top row. During the week, keep track of what days you actually drank and how much you drank using the bottom row. Be sure to use standard drink sizes (Beer = 12oz can, Wine = 5oz glass, Liquor = 1.5oz)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Plan to drink?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
How many drinks?							
Did you drink?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
How many drinks?							

What can get in the way of meeting my moderation goal this week?:

1. _____
2. _____
3. _____

What coping skills will support my moderation goal this week?:

4. _____
5. _____
6. _____

