

# How does your estimated alcohol consumption compare with what you actually drink?

Find out, using our drinking diary.

Write your estimated weekly intake in units at the top.

Then fill in your actual consumption for each day, using the guide at the bottom.

At the end of the week, Friday 11 June, e-mail the two figures, the estimate and the actual, to us at ***the.magazine@bbc.co.uk*** with the subject line ***my\_units***. Please also include your age and gender and, if you are happy to, your name.

**Estimated** weekly units [fill this in on Friday 4 June]

	<b>units</b>
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**Actual** weekly units [fill in your actual consumption for each day]

DAY	DRINKS	UNITS
Friday 4 June		
Saturday 5 June		
Sunday 6 June		
Monday 7 June		
Tuesday 8 June		
Wednesday 9 June		
Thursday 10 June		
<b>TOTAL</b>		<b>units</b>

## Guide to units

### Pint

2-3 units  
depending  
on strength



### Glass of wine

2-3 units  
depending  
on strength  
and size  
of glass



### Light spirits

1 unit  
for  
0.25ml  
measure



*NHS advice on maximum number of units to drink in a week is no more than 21-28 for men and 14-21 for women.*

*For a more detailed guide, see Drinkaware's unit calculator <http://tinyurl.com/6cqdu4>*