

# HOW MUCH DO I DRINK?

A confidential online drinks diary



[www.howmuchdoidrink.com](http://www.howmuchdoidrink.com)

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During 2009 an online confidential alcohol diary was piloted across Grampian. Feedback showed that the majority of those participating were clearly surprised by their results showing most people consistently underestimate units, time, calories and money spent on alcohol.

As a result of participating, some 62% were ready to change drinking habits and overall 33% of all those participating had made a change at a 3 month follow up.

## HOW DO YOU MEASURE UP?

Through the "How Much Do I Drink" online diary we will give you the unique opportunity to easily record your weekly consumption over a period of 4 weeks and receive detailed confidential feedback with information, hints, tips and advice.



## MAKE IT COUNT

The "How Much do I Drink" online diary will convert alcohol consumption into units for you and will also help you find out the effect your alcohol consumption has on your health, weight, finances and lifestyle as a whole.

There will also be the opportunity to win fantastic prizes including cinema tickets and a net-book.



## HOW DO I GET STARTED?

Register now at [www.howmuchdoidrink.com](http://www.howmuchdoidrink.com) and be entered in to our prize draw

For further local information please visit:

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