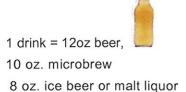
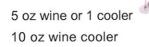
Date	Time (# hours)	Beer/ale Malt liquor	Hard liquor/type	Wine	wine cooler	total	Mood	comments	
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

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Monday									
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Friday									
Saturday									





1 shot (1 1/4 oz) hard liquor (**80 proof**)

3/4 shot glass (1 oz) **100 proof** liquor



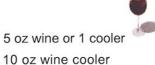
= 1.3 drinks



➤ 1 drink = 12oz beer,
➤ 10 oz. microbrew
➤ 8 oz. ice beer or malt liquor



= 1.3 drinks



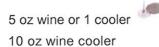
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➤ 10 oz. microbrew
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= 1.3 drinks



1 shot (1 1/4 oz) hard liquor (80 proof) 3/4 shot glass (1 oz) 100 proof liquor

