

REWARD

If you made a plan this week then give yourself one golden hamster.



If you did better this week than before you made a plan then give yourself two golden hamsters.



If you met this week's goals then give yourself three golden hamsters.



And if you exceeded your goals this week give yourself four golden hamsters!



Weekly Reduced/Moderate Drinking Plan and Report

From ___mm ___dd _____ yyyy / To ___mm ___dd _____ yyyy

Plan: (Fill in your planned weekly consumption. Note that HAMS supports every positive change. You may choose zero abstinence days or zero moderation days if you wish. Any reduction is still a reduction. If you start having physical withdrawals when you abstain then be sure to taper off safely. The HAMS article "How To Taper Off Alcohol" explains how to do this.)

No more than ___ standard drinks¹ per day

No more than ___ standard drinks per week

___ Alcohol abstinence days per week

___ Intoxicated days per week

___ Moderate drinking² days per week

Suggested Strategies: start later, stop earlier, buy only limit amounts, take only a set amount of cash to the bar, count drinks, measure drinks, eat first, add more abs days.

Other Strategies (List some of your own): _____

Report: (Write down the actual number of drinks you consumed each day and the strategies used and then fill in the weekly totals.)

Actual number of drinks consumed per day						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Strategies used						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Total number of drinks consumed this week _____

Total number of abstinence days this week _____

Total number of moderate drinking days this week _____

Total number of intoxic days this week _____

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Alcohol Abstinence Weekly Plan And Report.

From ___mm ___dd _____ yyyy / To ___mm ___dd _____ yyyy

Plan: (Check which goal you wish to pursue and fill in the number of days if applicable. We generally consider a period of 30 days or less to be short term. 31 days or longer is long term.)

- Short term abstinence of ____ days
- Short term abstinence for an indefinite period
- Long term abstinence of ____ days
- Long term abstinence for an indefinite period
- Permanent abstinence

Suggested Strategies: See a movie, read a book, join a club/group, attend HAMS or SMART or some other group, use CBT, tell the urge to go away.

Other strategies (list some of your own): _____

Report:

Day 1: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 2: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 3: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 4: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 5: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 6: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 7: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

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¹ One standard American drink contains 0.6 ounces of alcohol. Many bar drinks contain more than one standard drink--so use caution in counting them. A 12 oz beer at 5% alcohol is one standard drink. 5 oz of wine at 12% alcohol is one standard drink. One and a half oz of hard liquor at 80 proof (40%) is one standard drink. A bottle of wine contains 5 standard drinks. A 200 ml bottle of hard liquor (80 proof) contains 4 and a half standard drinks. A 375 ml bottle of hard liquor (80 proof) contains 8 and a half standard drinks. A 750 ml bottle (a "fifth") of hard liquor (80 proof) contains 17 standard drinks. A liter of hard liquor (80 proof) contains 22 and a half standard drinks.

² HAMS defines moderate drinking as no more than 4 drinks per day for a man and no more than 2 and a half drinks per day for a women. HAMS weekly limits for moderate drinking are 12 drinks for a man and 7 and a half drinks for a woman.