Name/ID#: Date:

## TIMELINE FOLLOWBACK CALENDAR: 2031

**One 5 oz glass of regular (12%) wine**

**1 ½ oz of hard liquor (e.g. rum, vodka, whiskey)**

**1 mixed or straight drink with 1 ½ oz hard liquor**

**1 Standard Drink is Equal to**

**One 12 oz can/bottle of beer**





**Complete the Following**

**Start Date** (Day 1): **End Date** (yesterday):

MO DY YR MO DY YR

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2031** | SUN | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
|  |  |  |  | 1 **New Year’s Day** | 2 | 3 | 4 |
| J | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| **A** | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| **N** | 19 | 20 **M. King Day** | 21 | 22 | 23 | 24 | 25 |
|  | 26 | 27 | 28 | 29 | 30 | 31  | 1 |
| **F** | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| **E** | 9 | 10 | 11 | 12 | 13 | 14 **Valentine’s Day** | 15 |
| B | 16 | 17 **President’s Day** | 18 | 19 | 20 | 21 | 22 |
|  | 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| **M** | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| **A** | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| **R** | 16 | 17 **St. Patrick’s Day** | 18 | 19 | 20 | 21 | 22 |
|  | 23 | 24 | 25 | 26 | 27  | 28 | 29 |
|  | 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| **A** | 6 | 7 | 8 **Passover** | 9 | 10 | 11 **Good Friday** | 12 |
| **P** | 13 **Easter** | 14  | 15  | 16 | 17 | 18  | 19 |
| **R** | 20  | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| **M** | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **A** | 11 **Mother’s Day** | 12 | 13 | 14 | 15 | 16 | 17 |
| **Y** | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 25 | 26 **Memorial Day** | 27 | 28 | 29 | 30 | 31 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2031** | SUN | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
| J | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **U** | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **N** | 15 **Father’s Day** | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 29 | 30 | 1 | 2 | 3 | 4 **Independence Day** | 5 |
| **J** | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| **U** | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| **L** | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| **A** | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| **U** | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| **G** | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| **S****E****P** | 31 | 1 **Labor Day** | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 **Rosh Hashanah** | 19 | 20 |
| 21 | 22 | 23 | 24 | 25  | 26 | 27 **Yom Kippur** |
|  | 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| **O** | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| **C** | 12 | 13 **Columbus Day** | 14 | 15 | 16 | 17 | 18 |
| **T** | 19 | 20  | 21 | 22 | 23 | 24 | 25 |
|  | 26 | 27 | 28 | 29 | 30 | 31 **Halloween** | 1 |
| **N** | 2 | 3 | 4 **Election Day** | 5 | 6 | 7 | 8 |
| **O** | 9 | 10 | 11 **Veterans Day**  | 12 | 13 | 14 | 15 |
| **V** | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | 23 | 24 | 25 | 26 | 27 **Thanksgiving** | 28 | 29 |
|  | 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| **D** | 7 | 8 | 9 **Hanukkah** | 10 | 11 | 12 | 13 |
| **E** | 14  | 15 | 16 | 17 | 18 | 19 | 20 |
| **C** | 21 | 22  | 23 | 24 | 25 **Christmas** | 26 | 27 |
|  | 28 | 29 | 30 | 31 **New Years Eve** |  |  |  |