**28- DAY ALCOHOL USE CALENDAR**

**Instructions for Completing the Alcohol Timeline Calendar**

We are interested in patterns of women’s alcohol consumption. To get an idea of what your alcohol use was like in the past 28 days, we would like you to use this calendar and mark on the calendar amounts of alcohol you consumed on each day.

We recognize people will not have perfect recall, but it came to our attention that calendars like this help people recall the days of their alcohol use better. Please, try to be as accurate as possible. Filling out the calendar is not hard, especially if you use a calendar like this, that has real dates.

**WHAT TO FILL IN**

• The idea is to put a number in for each day on the attached calendar.

• When you did not drink, you would write a “0.”

• When you did drink, you would write in the total number of drinks you had.

• We want you to record your drinking on the calendar using Standard Drinks.

**A standard measurement of alcohol has been established in public health. One drink is defined as approximately a 45 ml shot of vodka (40°); a 150 ml of wine (12°); 100 ml of fortified wine (18°);**

**250 ml of Gin and Tonic mix (7°); or 350 ml of beer (5°).**

For example: If you had 5 cans of regular (5°) beer, write the number 5 for that day. If you drank more than one kind of alcoholic beverage in a day such as 1 glass of Champaign and 3 regular glasses of wine, you would write the number 4 for that day.

It’s important that something is written on each day, even if it is a “0”.

We realize it isn’t easy to recall things with 100% accuracy.

If you are not sure whether you drank 3 or 6 drinks or whether you drank on a Thursday or Friday, give it your best guess! What is important is that 4 or 6 drinks are very different from 1 drink or 12 drinks. The goal is to get a sense of how frequently you drank and what patterns of alcohol consumption you have.

**HELPFUL HINTS**

• If you have an appointment book, you can use it to help you recall your drinking.

• Think of important events or holidays that can help you better recall your drinking.   
Events such as holidays, birthdays of your relatives of friends, parties with co-workers or friends, and other memorable events.

• If you have regular drinking patterns you can use them to help you recall your drinking. For example, attending “bania” on Fridays or meetings with friends on Saturdays. That can help you recall your drinking too.

**COMPLETING THE CALENDAR**

• Review the sample Calendar that you received.

• Write the number of Standard Drinks that you had each day in the last 28 days starting from yesterday.

• A blank calendar is also attached.

• In recalling your drinking, be as accurate as possible. If you do not remember the exact amount or day, GIVE IT YOUR BEST SHOT!

• DOUBLE CHECK THAT ALL DAYS ARE FILLED IN BEFORE RETURNING THE QUESTIONNAIRES.

Please start filling out the calendar for the past 28 days, starting from yesterday.

**Start Date: End Date (28 days from yesterday):**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | SUN | MON | TUES | WED | THURS | FRI | SAT |
|  |  |  |  |  |  |  |  |
|  | Date Drinks |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
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I hereby certify that this is a true and an accurate translation of the document in Russian and I am fluent in both Russian and English to render this translation.

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