To get an idea of what your alcohol use was like ***90 days before you saw the ad for this study up to and including yesterday***, we would like you to fill out the attached calendar.

**TO START:**

1. Write in **TODAY’S DATE** and **YESTERDAY’S DATE** at the top of the calendar.
2. **Put an X on TODAY’S DATE**, **but do NOT** enter a number of drinks for “today” or any day after today.
3. Starting with **YESTERDAY**, go through the calendar and write the number of **standard drinks** that you drank for **each day** on the calendar. For any day where you drank **no alcohol, write** “**0**”.
4. We have enclosed a **Standard Drink Conversion Chart** that will make this easier for you.

**Write in TODAY’s and YESTERDAY’S Date**

**SAMPLE CALENDAR**



**Place an X on today, and fill in every day BEFORE today**

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**Filling out the calendar is not hard! Try to be as accurate as possible. We recognize people won’t have perfect recall, that’s OKAY.**

**WHAT TO FILL IN**

* When you did drink, you would write in the total number of drinks you had on that day.
* When you did not drink, you would write a **“0”**
* **THE IMPORTANT THING IS TO WRITE SOMETHING IN ON EACH DAY, EVEN IF IT IS A “0”.**

**WE WANT YOU TO RECORD YOUR DRINKING ON THE CALENDAR USING STANDARD DRINKS.**

**For example,**

* If you had 6 12 oz beers, write **6** infor that day.
* If you drank more than one kind of alcoholic beverage in a day, such as two 12 oz beers and three 5 oz glasses of wine, you would write **5** in for that day.
* To help you we have include a **STANDARD DRINK CHART** on the next page.
* **Holidays** are marked on the calendar to help you recall your drinking. You can also think about how much you drank on personal holidays and events such as birthdays, vacations, and parties.

**YOUR BEST ESTIMATE**

* We realize it is not 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!**