Name/ID#: Date:

## TIMELINE FOLLOWBACK CALENDAR: 2019

**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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2019** | **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
|  |  |  | 1 New Year’s Day | 2 | 3 | 4 | 5 |
| J | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| **A** | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| **N** | 20 | 21 M. King Day | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| **F** | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| **E** | 10 | 11 | 12 | 13 | 14 Valentine | 15 | 16 |
| **B** | 17 | 18 Pres. Day | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26 | 27 | 28 | 1 | 2 |
| **M** | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| **A** | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| **R** | 17 St. Patrick | 18 | 19 | 20 | 21 | 22 Good Friday | 23 |
|  | 24 Easter | 25 | 26 | 27 | 28 | 29 | 30 |
|  | 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| **A** | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **P** | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| **R** | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| **M** | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| **A** | 12 Mother’s Day | 13 | 14 | 15 | 16 | 17 | 18 |
| **Y** | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | 26 | 27 Memorial Day | 28 | 29 | 30 | 31 |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2019** | **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
|  |  |  |  |  |  |  | 1 |
| J | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| **U** | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| **N** | 16 Father’s Day | 17 | 18 | 19 | 20 | 21 | 22 |
|  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | 30 | 1 | 2 | 3 | 4 Independence Dy | 5 | 6 |
| **J** | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **U** | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| **L** | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| **A** | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **U** | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| **G** | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| **S** | 1 | 2 Labor Day | 3 | 4 | 5 | 6 | 7 |
| **E** | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **P** | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| **O** | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| **C** | 13 | 14 Columbus Day | 15 | 16 | 17 | 18 | 19 |
| **T** | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 31 Halloween | 1 | 2 |
| **N** | 3 | 4 | 5 Election Day | 6 | 7 | 8 | 9 |
| **O** | 10 | 11 Pres. Day | 12 | 13 | 14 | 15 | 16 |
| **V** | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26 | 27 | 28 Thanksgiving | 29 | 30 |
| **D** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **E** | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **C** | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 22 | 23 | 24 | 25 Christmas | 26 | 27 | 28 |
|  | 29 | 30 | 31 |  |  |  |  |