Name/ID#: Date:

## TIMELINE FOLLOWBACK CALENDAR: 2024

**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**

[](http://images.google.com/imgres?imgurl=http://www.goharpos.com/images/menuitems/martini_strawberry.jpg&imgrefurl=http://www.goharpos.com/menu.asp?cat=36&h=220&w=147&sz=6&tbnid=1m0Gb1jI8Th68M:&tbnh=102&tbnw=68&hl=en&start=4&prev=/images?q=strawberry+Martini+glass&svnum=10&hl=en&lr=)[](http://images.google.com/imgres?imgurl=http://www.cityoffargo.com/health/community/Images/wine-red-glass.jpg&imgrefurl=http://www.cityoffargo.com/health/community/safe.htm&h=216&w=144&sz=5&tbnid=oMQuvf2AaYkZcM:&tbnh=101&tbnw=67&hl=en&start=38&prev=/images?q=red+wine+glass&start=20&svnum=10&hl=en&lr=&sa=N)

[](http://www.h-e-d.co.uk/WebPictures/HOT-SHOT-1oz.jpg)

**Complete the Following**

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

MO DY YR MO DY YR

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2024** | **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
|  |  | 1 New Year’s Day | 2 | 3 | 4 | 5 | 6 |
| J | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| A | 14 | 15 M. Luther King | 16 | 17 | 18 | 19 | 20 |
| N | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| F | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| E | 11 | 12 | 13 | 14 Valentine’s Day | 15 | 16 | 17 |
| B | 18 | 19 Presidents’Day | 20 | 21 | 22 | 23 | 24 |
|  | 25 | 26 | 27 | 28 | 29 | 1 | 2 |
| M | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| A | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| R | 17 St. Patrick’s Day | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | 31 | 1 | 2 | 3 | 4 Passover | 5 Good Friday | 6 |
| A | 7 Easter | 8 Easter Monday | 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 | 12Mother’s Day | 13 | 14 | 15 | 16 | 17 | 18 |
| Y | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | 26 | 27 Memorial Day | 28 | 29 | 30 | 31 |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2024** | **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 July 4th | 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 Rosh Hashanah |
| P | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 22 | 23 Yom Kippur | 24 | 25 | 26 | 27 | 28 |
|  | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| O | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| C | 13 | 14Columbus Day | 15 | 16 | 17 | 18 | 19 |
| T | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 31Halloween | 1 | 2 |
| N | 3 | 4 | 5 Election Day | 6 | 7 | 8 | 9 |
| O | 10 | 11Rememb(C) Vet(A) | 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 Hanukkah | 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 |  |  |  |  |