

MY PLAN for Alcohol*

In the next 6 months, my plan for alcohol is:

- Not to drink at all
- Not to drink above risky levels (no more than 3 drinks on any occasion and no more than 7 drinks per week)
- Limit my drinking to _____ drinks per occasion and _____ per week.
- Other: _____

This goal is important to me because:

The steps I plan to take in reaching my goal are:

- 1.
- 2.
- 3.
- 4.
- 5.

The ways other people can help me are:

Person	Possible ways to help
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Some things that could interfere with my plan are:

I will know that my plan is working if:

*Adapted from Project CHOICES, *Am J Prev Med.* 2002;23:166-173.