

Weekly Drink Tracker

A Simple Tool for Mindful Drinking

From ClearDays — Drink Less. Live Better.

Week of: _____

My goal this week: _____

Daily Tracking

Monday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Tuesday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Wednesday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Thursday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Friday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Saturday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Sunday

	Morning	Afternoon	Evening
Drinks			
Type			

Mood before drinking: ☐ Great ☐ Good ☐ Okay ☐ Stressed ☐ Sad

Sleep quality last night: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Notes: _____

Weekly Summary

Total drinks this week: _____

Clear days (alcohol-free): _____

Did I meet my goal? ☐ Yes ☐ Partially ☐ No

Weekly Reflection

What went well this week?

What was challenging?

What patterns did I notice?

What will I do differently next week?

Quick Reference: What Counts as One Drink?

Drink Type	Standard Size
Beer (5% alcohol)	12 oz / 355 ml
Wine (12% alcohol)	5 oz / 150 ml
Spirits (40% alcohol)	1.5 oz / 45 ml

A large glass of wine or a strong cocktail may count as 2+ drinks.

Tips for Success

1. **Track in real-time** — Don't wait until the end of the day
 2. **Be honest** — This tracker is just for you
 3. **Notice patterns** — Look for connections between mood, sleep, and drinking
 4. **Celebrate clear days** — Every alcohol-free day is a win
 5. **Don't judge** — Use this information to make better choices, not to beat yourself up
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