



Getting started

Drinking less alcohol reduces the long term risks of serious diseases such as cancer, liver disease and stroke. In terms of the here and now, cutting down on alcohol will improve the condition of your skin; have a positive effect on your sleep; improve your weight; and can even boost your sex life.

The recommended safety limit for weekly alcohol consumption is 14 units for both women and men. 2 days a week should be alcohol free...

Regularly drinking above recommended daily limits risks damaging your health. There's no guaranteed safe level of drinking, but if you drink below recommended daily limits the risks of harming your health are lower.

Whether you track your drinking by units per day or units

per week the current advice also states that you should also have two days a week free of alcohol

But what is a unit?

Beers & ciders	Bottle 330ml	Can 440ml	Pint
5% ABV	1.7 units	2.2 units	2.8 units
Wine per glass	Small	Medium	Large
13% ABV	1.6 units	2.3 units	3.3 units

Units were created in the 1970's and were therefore based on the popular and available drinks of the time, that's why 1 unit is equivalent to:

- A small glass (125ml) of 9% ABV wine
- Half a pint of 3.5% ABV bitter or lager
- A single measure (25ml) of 38%-40% ABV spirits

Continue to track your success for 4 weeks...you will probably find that at the end of 4 weeks you are doing these things without thinking about it; in other words they have now become your new drinking habits. You should also notice a positive effect on your weight and sleep!

This 4-week plan is incredibly simple to follow. Establish how many units you are actually drinking each week and whether or not you need to, or want to cut down.

(See fact sheet Units in popular drinks).

Create your own statements for each week of the plan

e.g. drink no alcohol this day, have alcohol free days

Print off your training plan and place it on your fridge, or in a visible place.

If you have a lot of ideas or action points then remember, you don't have to do them all at once. Start some in week 1 and then introduce others when you're ready; but once you start something try to keep that going. Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I'm drinking less this week than when I first started this plan? Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

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