

# RETHINK YOUR DRINK

Scratch the answers and total your score. Then turn over to find out your alcohol rating.



How often do you have an alcoholic drink?

NEVER

MONTHLY  
OR LESS

2-4  
TIMES PER  
MONTH

2-3  
TIMES PER  
WEEK

4+  
TIMES PER  
WEEK

How many units of alcohol do you consume on a typical day when you are drinking?  
(UNIT INFORMATION OVERLEAF)

1-2

3-4

5-6

7-9

10+

How often do you consume six or more units on one occasion?

NEVER

LESS THAN  
MONTHLY

MONTHLY

WEEKLY

DAILY  
OR ALMOST  
DAILY

NOW TURN OVER...

# RETHINK YOUR DRINK

Scratch the answers and total your score. Then turn over to find out your alcohol rating.



How often do you have an alcoholic drink?

0

1

2

3

4

How many units of alcohol do you consume on a typical day when you are drinking?

(UNIT INFORMATION OVERLEAF)

0

1

2

3

4

How often do you consume six or more units on one occasion?

0

1

2

3

4

# RETHINK YOUR DRINK

**0-4**

**Good news!**

You are a lower risk drinker and are less likely to develop alcohol-related problems.

**5-12**

**Watch out!**

You may be drinking at levels that could put your health at risk in the future.

**DID YOUR NUMBERS COME UP?**



**Men** and **Women** should not regularly exceed 14 units per week. That works out at 2-3 units per day with one or two alcohol-free days.

## CHECK HOW MANY UNITS ARE IN YOUR DRINK



**10**

**UNITS**

Bottle of wine (13.5% ABV)



**3**

**UNITS**

Strong pint of beer/lager (5.2% ABV)



**1**

**UNIT**

Single measure of spirits (40% ABV)



**2**

**UNITS**

Small glass of wine, 175ml (12% ABV)



**1.4**

**UNITS**

Bottle of alcopop (5% ABV)

If you have any concerns about your alcohol consumption, visit [alcoholconcern.org.uk](http://alcoholconcern.org.uk) or speak to your GP.

Alcohol Concern | Registered Charity No. 291705

**Alcohol Concern**  
Promoting health;  
Improving lives