

## Alcohol action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Alternate your alcoholic drinks with low kilojoule drinks, such as tap water, plain mineral water or diet soft drink.				___ / ___ / ___	
Where possible, dilute your alcoholic drink with plain mineral water, soda water or diet soft drink.				___ / ___ / ___	
Use only half measures of spirits.				___ / ___ / ___	
Choose a low alcohol or light beer.				___ / ___ / ___	
When you are thirsty, drink cold water instead of alcohol. Keep a jug of water on the table when dining in or out.				___ / ___ / ___	
Establish one or two alcohol-free days per week.				___ / ___ / ___	
When stressed, take a walk or exercise instead of drinking.				___ / ___ / ___	
Healthy men and women – limit alcoholic drinks to two per day.				___ / ___ / ___	
If you have high blood pressure or are taking blood pressure medicine, limit alcoholic drinks to no more than two per day (men) or one per day (women).				___ / ___ / ___	