Namn/personnummer: Datum:

**KALENDER FÖR ALKOHOLINTAG: 2013**

|  |
| --- |
| **1 standarddrink motsvarar** |
| bottle | **En 33 cl burk/flaska öl** | wine-red-glass | **Ett glas/15 cl vanligt vin (12 %)**  | HOT-SHOT-1oz | **4,44 cl starksprit (t.ex. rom, vodka, whiskey)** | martini_strawberry | **1 cocktail eller grogg som innehåller 4,44 cl starksprit** |

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| **Fyll i följande:** **Startdatum** (dag 1): **Slutdatum** (igår):  MM DD ÅÅ MM DD ÅÅ |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2013** | SÖN | MÅN | TIS | ONS | TOR | FRE | LÖR |
|  |  |  | 1 Nyårsdagen | 2 | 3 | 4 | 5 |
| JAN | 6 Trettondedag jul | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14  | 15 | 16 | 17 | 18 | 19 |
| 20 | 21.. | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| FEB | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12  | 13  | 14 Alla hjärtans dag | 15 | 16 |
| 17 | 18  | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26 | 27 | 28 | 1 | 2 |
| MAR | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16  |
| 17  | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 24 | 25 | 26  | 27 | 28Skärtorsdagen | 29 Långfredagen | 30 Påskdagen |
| APR  | 31Annandag påsk | 1  | 2 | 3 | 4 | 5  | 6  |
| 7  | 8 | 9 | 10 | 11  | 12  | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 26 | 29 | 30Valborgsmässoafton | 1 Första maj | 2 | 3 | 4 |
| MAJ | 5 | 6 | 7 | 8 | 9 Kristi Himmelsfärds dag | 10 | 11 |
| 12  | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | 26 Mors dag | 27  | 28 | 29 | 30 | 31 |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2013** | SÖN | MÅN | TIS | ONS | TOR | FRE | LÖR |
|  |  |  |  |  |  |  | 1 |
| JUN | 2 | 3 | 4 | 5 | 6 Sveriges nationaldag | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16  | 17 | 18 | 19 | 20 | 21 | 22 |
|  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| JUL | 30 | 1 | 2  | 3  | 4  | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| AUG | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| SEP | 1 | 2  | 3 | 4 | 5  | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16  | 17 | 18 | 19 | 20 | 21 |
|  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| OKT | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7  | 8 | 9 | 10 | 11 | 12 |
| 13 | 14  | 15 | 16 | 17 | 18 | 19 |
|  | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 27 | 28 | 29  | 30 | 31 Halloween | 1 | 2 Alla helgons dag |
| NOV | 3 | 4 | 5  | 6 | 7 | 8  | 9  |
| 10  | 11  | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21  | 22 | 23 |
|  | 24 | 25 | 26 | 27  | 28  | 29 | 30 |
| DEC | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8  | 9 | 10 | 11 | 12 | 13 Lucia | 14  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21  |
|  | 22 | 23  | 24 Julafton | 25 Juldagen | 26Annandag jul | 27 | 28 |
|  | 29 | 30  | 31 Nyårsafton |  |  |  |  |