

THERAPIST HANDOUT 3.2

**Timeline Followback Instructions
and Sample Calendar for Alcohol Use**

To get an idea of what your alcohol use was like in the last *past* ____ *days*, we would like you to fill out the attached calendar.

TO START

1. Write in **TODAY'S DATE** and **YESTERDAY'S DATE** at the top of the calendar.
2. **Put an X on TODAY'S DATE**, but do **NOT** enter a number of drinks for "today" or any day after today.
3. Starting with **YESTERDAY**, go through the calendar and write the **number of standard drinks** that you drank for **each day** on the calendar. For any day where you drank **no alcohol, write "0."**
4. Below is a **Standard Drink Conversion Chart** that will make it easier for you to record your drinking.

SAMPLE CALENDAR

Write in Today's and Yesterday's Date





ID: 9-999

Today's Date June 22, 2010

Start Date: (Day 1) 05/31/10

End Date: (Yesterday) June 21, 2010

TIMELINE FOLLOWBACK CALENDAR

	One 12 oz. can/bottle of beer		One 5 oz. glass of regular (12%) wine		1½ oz. of hard liquor (e.g., rum, vodka, whiskey)		1 mixed or straight drink with 1½ oz. hard liquor
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PLEASE READ THE INSTRUCTIONS BEFORE YOU FILL OUT THE CALENDAR

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun
	Memorial Day 3	1	0	0	3	1
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun
2	0	0	0	0	0	4
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
0	0	01	0	0	0	1
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
2	0	X				

Place an X on today, and fill in every day BEFORE today

(cont.)

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WHAT TO FILL IN

- When you did drink, you would write in the total number of standard drinks you had on that day.
- When you did not drink, you would write a “0.”
- **THE IMPORTANT THING IS TO WRITE SOMETHING IN ON EACH DAY, EVEN IF IT IS A “0.”**

WE WANT YOU TO RECORD YOUR DRINKING ON THE CALENDAR USING STANDARD DRINKS

For example

- To help you, we want you to use a **Standard Drink conversion**
 - 1 Standard Drink =**
 - One 12 oz. beer (5%)**
 - One 5 oz. glass of wine (11–12%)**
 - 1½ oz. of hard liquor or spirits straight (40%)**
 - 1½ oz. of hard liquor or spirits in a mixed drink (40%)**
- If you had six 12-oz. beers, write **6** in for that day.
- If you drank more than one kind of alcoholic beverage in a day, such as two 12-oz. beers and three 5-oz. glasses of wine, you would write **5** in for that day
- **Holidays** are marked on the calendar to help you recall your drinking. You can also think about how much you drank on personal holidays and events such as birthdays, vacations, and parties.

YOUR BEST ESTIMATE

- **Filling out the calendar is not hard!**
- If you are not sure whether you drank three or six drinks or whether you drank on a Thursday or a Friday, give it your best estimate.
- **We recognize people will not have perfect recall, just try to be as accurate as possible.**