Instructions for Filling Out the Timeline Drug Use Calendar

To help us evaluate your drug use, we need to get an idea of what your use was like in the past ____ days. To do this, we would like you to fill out the attached calendar.

- ✓ Filling out the calendar is not hard!
- ✓ Try to be as accurate as possible.
- ✓ We recognize you won't have perfect recall. That's OKAY.

✓ WHAT TO FILL IN

- The idea is that for **each day** on the calendar we want you to indicate whether you "used" or "did not use**"** drugs.

- On days when you **did not use drugs**, you should write a "0" in the box.

- On days when you **did use drugs**, you should put a "✓" in the box.

    It's important that something is written for <u>every</u> day, even if it is a "0".

✓ YOUR BEST ESTIMATE

- We realize it isn't easy to recall things with 100% accuracy.

- If you are not sure whether you used a certain drug on a Thursday or a Friday of a certain week, **give it your best guess!** The goal is to get a picture of how many days you were using drugs and your patterns of use.

✓ HELPFUL HINTS

- Holidays such as Thanksgiving and Christmas are marked on the calendar to help you better recall your use. Also, think about whether you used drugs on personal holidays and events such as birthdays, vacations, or parties.

- If you have **regular drug use patterns** you can use these to help you recall your use. For example, you may have weekend/weekday changes in your drug use or your drug use may be different depending where you are or whom you are with.

✓ COMPLETING THE CALENDAR

- A blank calendar is attached. **Each day** should contain a "0" for no drug use or a **"✓" for drug use**.

- The time period we are talking about on the calendar is

    from _____ **to** _____.

- In estimating your drug use, be as accurate as possible.

- **DOUBLE CHECK THAT <u>ALL</u> DAYS ARE FILLED IN BEFORE RETURNING THE CALENDAR.**

- Before you start look at the **SAMPLE CALENDAR** on the next page.

Instructions for Filling Out the Timeline Drug Use Calendar

✓ **SAMPLE CALENDAR**

2000	SUN	MON	TUES	WED	THURS	FRI	SAT
						1 0	2 0
S	3 0	4 Labor Day 0	5 ✓	6 ✓	7 ✓	8 0	9 ✓
E	10 ✓	11 ✓	12 0	13 ✓	14 ✓	15 0	16 ✓
P	17 ✓	18 0	19 0	20 0	21 0	22 ✓	23 ✓
T	24 0	25 0	26 ✓	27 0	28 0	29 0	30 ✓