



Self-management website for people who have had a stroke www.selfhelp4stroke.org

## Topic 2 Keeping Healthy

TOTAL	Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Day		Alcohol
								Drinks		Beer
								Units		
								Drinks		Cider
								Units		
								Drinks		Wine
								Units		
								Drinks		Spirits
								Units		
								Drinks		Alcopops
								Units	'	sdoc
								Drinks		Cocktails
								Units		tails