

# Alcohol Challenge is about encouraging everyone to make small changes to their drinking habits.

Here are some small and positive steps you can take to make sure you're drinking responsibly – which will benefit your health and wellbeing right now and in the future.

## So why not give them a try?

1. Drink plenty of water to make your night last longer.
2. Get more out of your weekend by making sure you drink responsibly.
3. Try a lower alcohol beer for a change.
4. Choose at least two alcohol-free days per week.
5. Have some food before you drink.
6. Go for a smaller glass for a change.
7. To get a better idea of what you're drinking, keep a drinking diary.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What you drank							
Where and who with							
How many units							

Find out more at [alcoholchallenge.com](http://alcoholchallenge.com) and sign up to your own Alcohol Challenge.