



**On Track**



Things I'm proud of on my change journey



Things I want to remember



# Useful Contacts and Support



**[AlcoholThinkAgain.com.au](http://AlcoholThinkAgain.com.au)**

**Alcohol and Drug Support Line (ADSL)**

24 hours, 7 days a week

Metro call centre: 9442 5000

Regional call: 1800 198 024

**National Organisation for Fetal Alcohol Spectrum Disorder (NOFASD)**

Call centre: 1800 860 631

Website: [nofasd.org.au](http://nofasd.org.au)

**FeedSafe.net**

FeedSafe App (Google Play and App Store)

**HelloSundayMorning.org**

DayBreak App (Google Play and App Store)

**Local contacts**

## Welcome to your On Track booklet

On Track is designed to help you track and understand behaviours you might be thinking about changing.

Tracking daily activities can be helpful for making changes no matter where you are at in your change journey.

You may choose to use On Track as a personal record or to discuss your progress with a support person.

# Using On Track in your change journey

It is easier to get an idea of where you're at in your change journey and how you're progressing if you use On Track every day. This booklet is made up of four parts to help you achieve your goals around your alcohol use over four weeks:

**Useful Contacts and Support** as well as an acknowledgment page are located in the back.

## Information for Change

Each week will have information to increase your knowledge and build your confidence for success

**Week One**

Australian Standard Drinks Guide

**Week Two**

Stages of Change Model

**Week Three**

Australian Guidelines to Reduce Health Risks from Drinking Alcohol

**Week Four**

Interaction Model

### Goal:

What could I do to work towards or achieve this goal this week?

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What could I do to work towards or achieve this goal this week?

Making changes to alcohol use can be made easier if it is broken in up into smaller goals. Goals are more likely to be achieved if they are **SMART**:

**Specific** – what is my goal?

**Measurable** – how can I tell I have reached my goal?

**Achievable** – what can I do to reach my goal?

**Realistic** – how will I know I am moving towards my goal?

**Timely** – how long will I focus on this goal for?

For example, drinking fewer drinks on the days you drink.

**Goal:**

What could I do to work towards or achieve this goal this week?

**Tracking Changes**

Using On Track to keep daily records will show your progress and can help maintain your motivation. Each day has a column to help you record the following information across the week:



**Standard Drink (SD) type and amount** – see the graphic on page 6-7. Use a ✓ in the blank boxes to identify your preferred drink; when working out your SD remember that one drink doesn't necessarily equal one SD.

Record the number of SD you have each day you drink as well as zero on your alcohol-free days.



**Money spent/saved** – tracking how much money you spend (or save on the days you don't drink) can be very motivating.



**Situation** – when you drink, record where you are; who you're with and what's happening.











**Overall mood** – record your thoughts, feelings and mood before, during and after drinking. Include if you had any urges or cravings and what actions you took (e.g. drank, drank less than normal, resisted drinking).

Following each week there is also a space for you to record:

**Weekly Reflections** can be very helpful to think about what worked well and what you would like to focus on or get extra support for.

**Weekly Goals** setting goals (even small ones) gives you an opportunity to include your hopes and dreams in your change journey.

# Australian Standard Drinks Guide

<p><b>1.5</b></p>  <p><b>Full Strength Beer</b> (375ml)</p> <input type="checkbox"/>	<p><b>1</b></p>  <p><b>Mid Strength Beer</b> (375ml)</p> <input type="checkbox"/>	<p><b>0.8</b></p>  <p><b>Low Strength Beer</b> (375ml)</p> <input type="checkbox"/>	<p><b>1</b></p>  <p><b>Middy Full Strength Beer</b> (285ml)</p> <input type="checkbox"/>
 <p><b>Spirit Nip</b> (30ml)</p> <input type="checkbox"/> <p><b>1</b></p>	 <p><b>Spirits Bottle</b> (700ml)</p> <input type="checkbox"/> <p><b>22</b></p>	 <p><b>Port/Sherry Glass</b> (60ml)</p> <input type="checkbox"/> <p><b>0.9</b></p>	 <p><b>Sparkling Wine/ Champagne</b> (170ml)</p> <input type="checkbox"/> <p><b>1.5</b></p>

If I were going to do one thing around my alcohol use, what would that first step be?



Drink type and amount



Money spent/saved



Situation



Overall mood

What are my worries, if any, about moving forward in my change journey?



How was my week?

If there was anything I could do differently, what would that be?



Drink type and amount



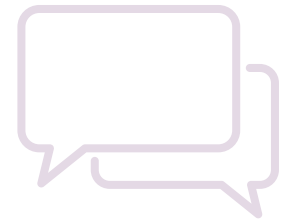
Money spent/saved



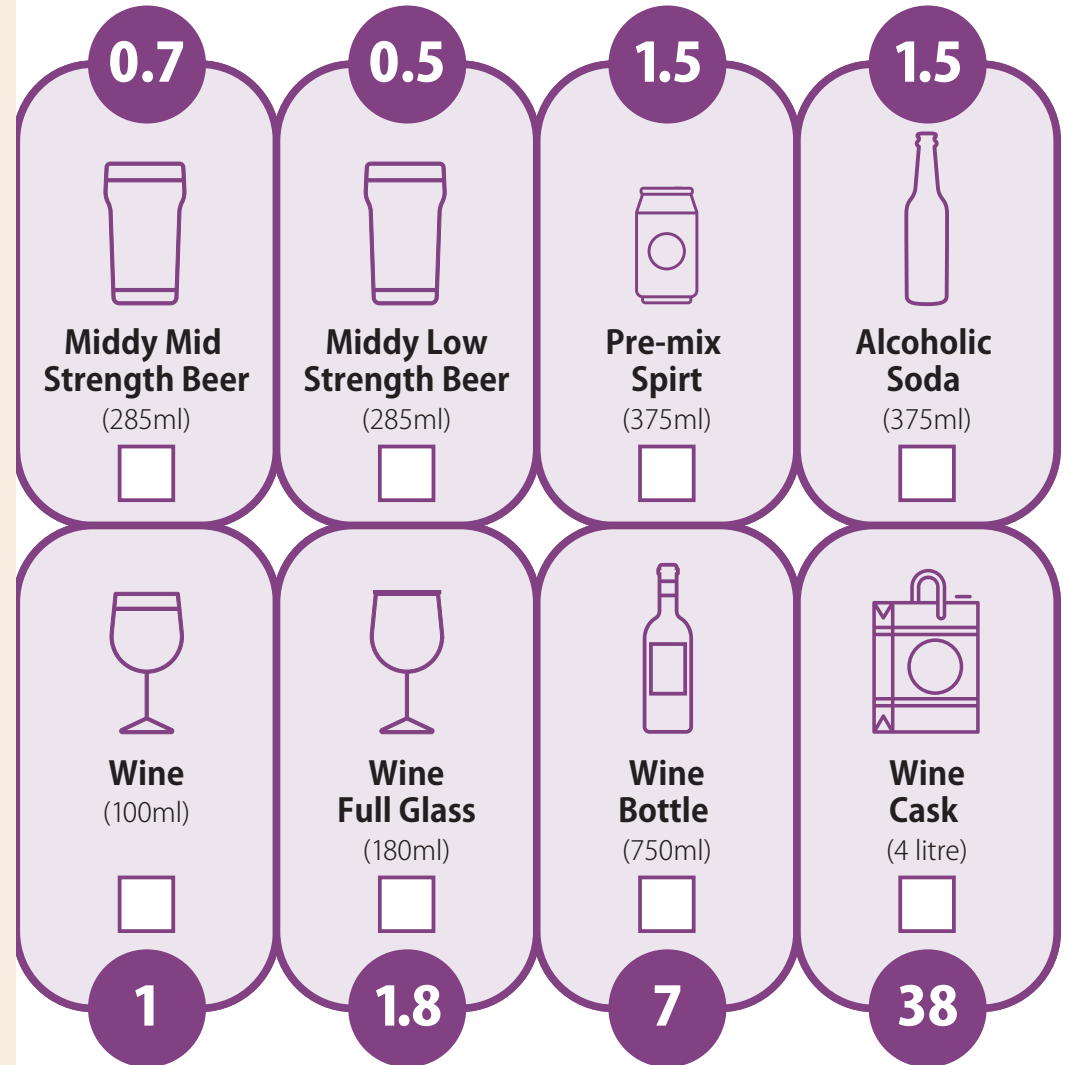
Situation



Overall mood



In Australia, a standard drink (SD) of alcohol is measured by **10 grams of pure alcohol**; not the amount of liquid, as outlined below:





**Week Four Tip:** Remind yourself of your reasons for changing your alcohol use



SD type and amount



Spent/saved



Situation



Overall mood



Rate your day (fill)

Monday					☆☆☆☆☆
Tuesday					☆☆☆☆☆
Wednesday					☆☆☆☆☆
Thursday					☆☆☆☆☆
Friday					☆☆☆☆☆
Saturday					☆☆☆☆☆
Sunday					☆☆☆☆☆
<b>Totals</b>			I would rate my change journey this week		☆☆☆☆☆





**Week One Strategy Suggestion:** Practice saying 'no to alcohol' with a supportive friend



SD type and amount



Spent/saved



Situation



Overall mood



Rate your day (fill)

	SD type and amount	Spent/saved	Situation	Overall mood	Rate your day (fill)
Monday					☆☆☆☆☆
Tuesday					☆☆☆☆☆
Wednesday					☆☆☆☆☆
Thursday					☆☆☆☆☆
Friday					☆☆☆☆☆
Saturday					☆☆☆☆☆
Sunday					☆☆☆☆☆
<b>Totals</b>			I would rate my change journey this week		☆☆☆☆☆

How was my week?

If there was anything I could do differently, what would that be?



Drink type and amount



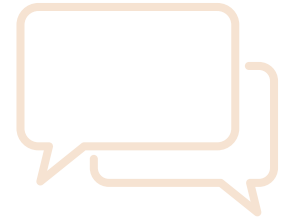
Money spent/saved



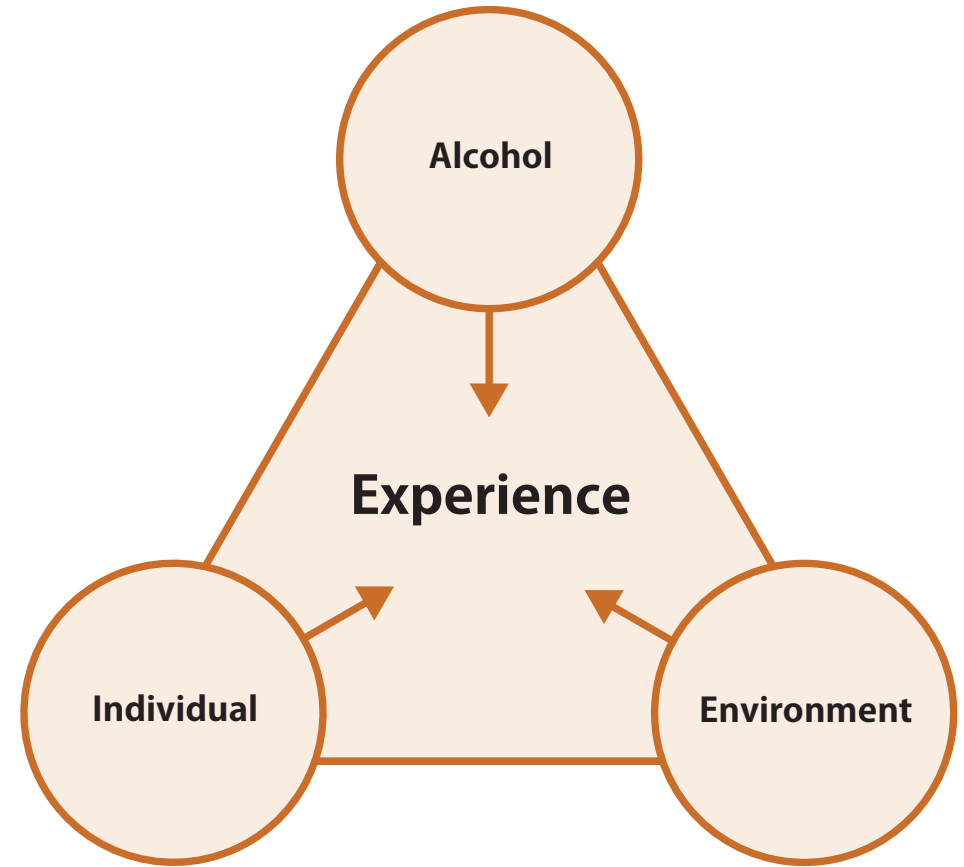
Situation



Overall mood



It can be helpful to use the below diagram (adapted from Zinberg, 1984) for your own situation. This information could be added to your Tracking Changes table as well as your Weekly Reflections and Weekly Goals sheets.



## Alcohol Experience

When you're trying to change your alcohol use it can be helpful to think about how some of the following things make up part of your drinking experience:

**Individual factors**, such as gender, physical, emotional and mental health.

**Alcohol factors**, such as:

- **What** you drink
- **Strength** of alcohol
- **How much** you drink, including timeframe and drinking pattern.

**Environment factors**, such as:

- **Where** and **when** you drink
- **Who** you're with; and
- **What** is going on around you at the **time of drinking**.

If I were going to do one thing around my alcohol use, what would that first step be?



Drink type and amount



Money spent/saved



Situation



Overall mood

What are my worries, if any, about moving forward in my change journey?

Making changes to alcohol use can be made easier if it is broken in up into smaller goals. Goals are more likely to be achieved if they are **SMART**:

**Specific** – what is my goal?

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**Timely** – how long will I focus on this goal for?

For example, change to lower strength alcohol.

**Goal:**

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For example, start drinking alcohol later in the day, with a goal to drink less, like after 6pm or when the kids are in bed.

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## Change Journey

People go through different phases when they are making changes; no matter where you're at it is all part of your change journey.

The Change Journey model (based on Prochaska & DiClemente, 1983) can help you to see your progress, acknowledge your achievements and think of ways to continue to move forward.

**NOTE:** A 'lapse or a relapse' back to 'old patterns' is a normal part of the change journey. It is a useful opportunity to consider what is/isn't working and what you could do differently to reach your goals. You might want to think about who (a support person) and/or what (a strategy) could help you if or when you have a lapse.

If I were going to do one thing around my alcohol use, what would that first step be?



Drink type and amount



Money spent/saved



Situation



Overall mood

What are my worries, if any, about moving forward in my change journey?

How was my week?

If there was anything I could do differently, what would that be?



Drink type and amount



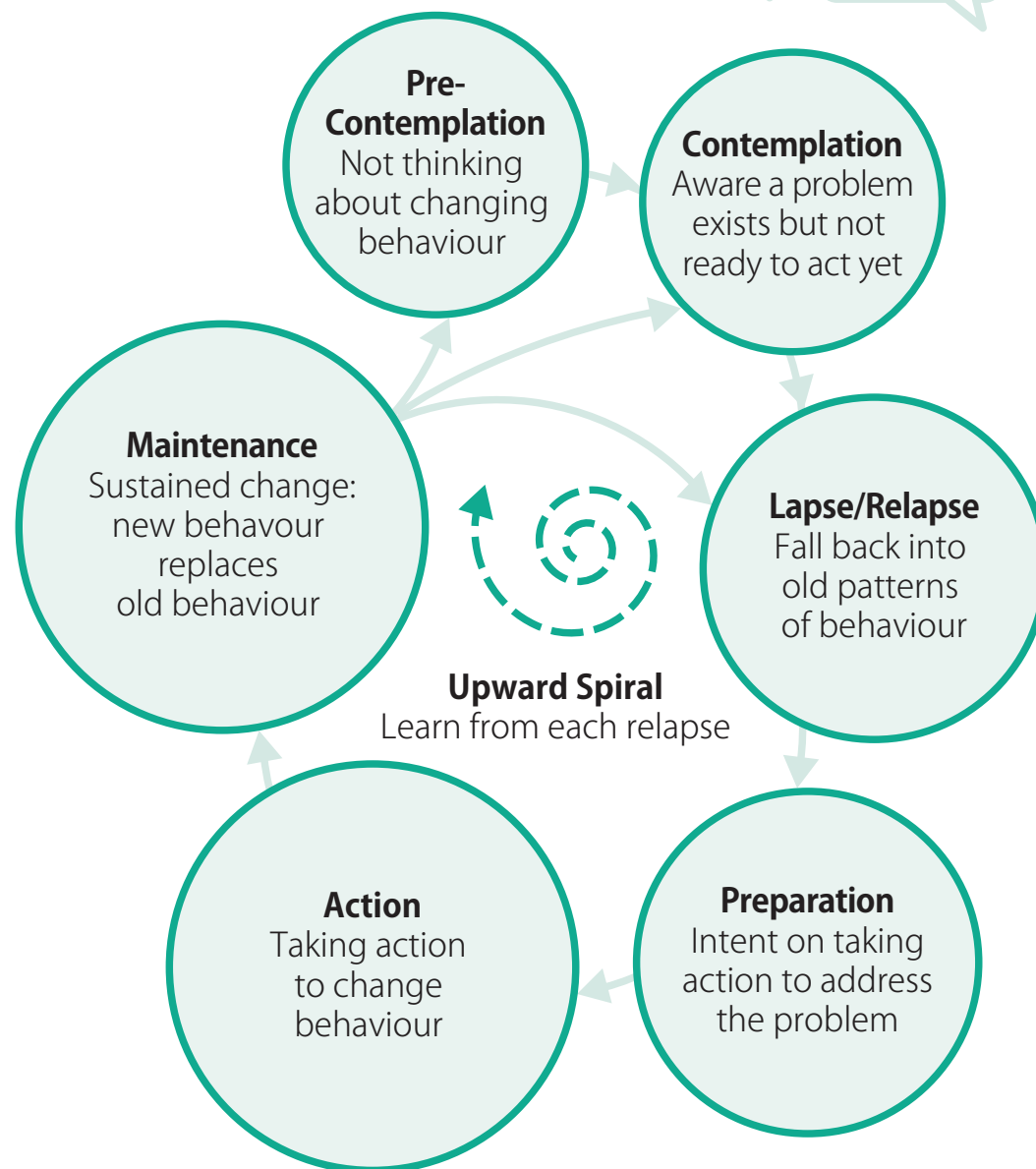
Money spent/saved



Situation



Overall mood





**Week Three Strategy Suggestion:** Delay and distract yourself from drinking by: visiting a supportive friend, reading, watching TV, gardening or exercising



SD type and amount



Spent/saved



Situation



Overall mood



Rate your day (fill)

	SD type and amount	Spent/saved	Situation	Overall mood	Rate your day (fill)
Monday					☆☆☆☆☆
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**Week Two Strategy Suggestion:** Try alternating water, non-alcoholic or zero-alcohol beverages when drinking

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Situation



Overall mood



Rate your day (fill)



I would rate my change journey this week 

How was my week?

If there was anything I could do differently, what would that be?



Drink type and amount



Money spent/saved



Situation



Overall mood



To reduce the harm of alcohol to yourself and others the Guidelines recommend:

### Healthy Adults

Drink no more than 10 standard drinks **a week**



**AND**

no more than 4 standard drinks **any one day.**



The less you drink, the lower your risk of harm.

**Children and people under 18 years of age**

Should not drink alcohol.

**Women who are pregnant or breastfeeding**

Should not drink alcohol.

## Australian Guidelines to Reduce Health Risks from Drinking Alcohol

Based on the latest health advice, the National Health and Medical Research Council updated the Australian Guidelines to Reduce Health Risks from Drinking Alcohol in 2020.

The Guidelines are designed to help people make informed decisions about how much alcohol they drink.

If I were going to do one thing around my alcohol use, what would that first step be?



Drink type and amount



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Situation



Overall mood

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**Timely** – how long will I focus on this goal for?

For example, having a certain number of alcohol-free days in a week.

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