

Name:

Date:

## Weekly Substance Use Diary

Use this diary to help you work out how much your using,  
and identify any patterns.

Substance Use	What I Used	Amount	\$\$\$	Information
<b>MON</b>				When: Where: With: Why:
<b>TUE</b>				When: Where: With: Why:
<b>WED</b>				When: Where: With: Why:
<b>THU</b>				When: Where: With: Why:
<b>FRI</b>				When: Where: With: Why:
<b>SAT</b>				When: Where: With: Why:
<b>SUN</b>				When: Where: With: Why: