



Substance Use Log

Use this log to record your use of mood altering substances such as alcohol or tobacco. Rate overall satisfaction with your substance use behaviour on each particular date (1 = Very satisfied, 2= Satisfied, 3 = Almost satisfied, 4= Almost dissatisfied, 5 = Dissatisfied, 6 = Very Dissatisfied). Use log to consider modifying substance usage.

Substance being tracked

Date	Amount	Reason/s for use	Immediate consequences	Delayed consequences	Satisfaction
					1 2 3 4 5 6
					1 2 3 4 5 6
					1 2 3 4 5 6
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					1 2 3 4 5 6
					1 2 3 4 5 6
					1 2 3 4 5 6