My Goals

Your primary motivator is:

My Physical Health

Drinking even small amounts of alcohol is linked to a range of serious health conditions, including cancer, high blood pressure, and liver disease.

We suggest setting a goal for:

- Units
- Calories
- Sugar

Cutting back on alcohol and sugar from sugary non-alcoholic drinks can also help with weight gain and decrease your risk of conditions including diabetes.

Tips:

- Choose a non-alcoholic drink
- Avoid sugary drinks

Tips for Cutting Down

- Always set a drinking limit using the goals tool in this app
- Maintain your triggers that make you feel like a drink and find ways to distance them
- Have a lot of alternatives that don’t involve alcohol

Documents and festivities like BBQ or after-hours drinks

- Practice eating and drinking wisely
- Propose yourself for pressure to drink when out with friends

There are loads of online resources, help groups and forums that provide support, advice, and discussion. Get involved!