

My Health Diary

For my Health Diary I decided to try and attempt to abstain from the consumption of alcoholic beverages for the entire week. This has been a behavior of mine that started out around the age of 17, or my senior year of high school. It began as a once a week or rarely twice a week event occurring on the weekend when my friends and I would get together out of school. After graduation and when I moved away to college drinking alcohol became a lot easier to do, due to no parental control and a much greater access to basically whatever type of alcohol you could wish for. In college my consumption of alcohol substantially increased from a once or twice a week occurrence to Thursday nights through Saturday nights. There were times when it seemed if there was any excuse to drink or get drunk my friends would be and talking me into it also. In my third year of college I turned 21, and although my drinking didn't increase considerably, it was just much easier for me to purchase alcohol and hang out at bars whenever I wanted to. I decided to choose this behavior because alcohol consumption is an extremely important part of many people's lives, and over consumption has a plethora of negative results such as drunken driving, alcohol poisoning, liver diseases, obesity, and many more. Being a college student I believe alcohol consumption is an important issue due to the incredibly large number of college students participating in alcohol consumption and alcohol abuse, you can visit many college campuses on a weekend evening and spot alcohol abuse very easily. In completing this health diary I would like to see how much alcohol consumption is a part of my life, how easy it is to abstain from it, and what kind of positives come out from stopping it.

March 29, 2009

It is the first day of my health diary week and abstaining from alcohol today was particularly easy due to the fact that it is Sunday and the only time I would have usually

considered alcohol would have been at dinner with my family. Sunday has never been much of a “drinking day” for me, it is usually a day to spend time with my family and relax at home from the week and get ready for the week coming up.

March 30, 2009

Today is Monday, the second day of my week, once again it was very easy to abstain from alcohol today. Mondays are a very busy day for me, consisting of attending school and the gym starting at 8 AM and getting home around 8PM, when I usually eat a small dinner and watch TV until time for bed. There was basically zero opportunity and desire for me to consume alcohol during the day.

March 31, 2009

Today was my second day for my health diary, or Tuesday. Today I woke up around 8 AM and worked from 9 AM till noon, then went to the gym, and went back to work from 3 PM to 7PM. I have a bit more free time to relax and possibly have a beer on my Tuesdays, although I rarely would have more than one or two beers with dinner, so it was again very easy for me to abstain from having a drink. I was also asked to go out to the bar by one of my friends for a few drinks, although that commonly results in staying there till at least midnight and having about 5 or 6 beers and spending an easy 30 dollars. I decided to stay in for the night and rest up and go to bed early for tomorrow.

April 1, 2009

Today was Wednesday, I am the half way point of my health diary week, and so far it has been very easy for me to complete my goal in abstaining from alcohol consumption. Today was very easy once again due to my hectic schedule. I wake up around 6 AM and at school, work, and the gym till about 7 PM, so by the time I get home around 8 PM all I have time to do is eat

dinner and relax and chill out till bedtime. My friends also asked me again if I wanted to go over to their place and watch the game and have some beers, but I kept my goal in mind and decided to stay in and relax. Now that I am at the half way point in my week although I have not had too many opportunities or peer pressure to drink yet, I feel much more rested and relaxed during the day and find it very easy to wake up in the morning.

April 2, 2009

Today is Thursday or commonly referred to as “Thirsty Thursday” by many college students, as it is one of the biggest binge drinking nights of the week. All of my friends went out to the bar tonight for “College Night” and I was asked by many of them to come, so I decided I would go out for a bit just to relax and hang out with my friends but not have any drinks. Any other week I would usually be drinking with my friends till late at night, spending up to 40 dollars on the night. Tonight I just sat back and had a good time and watched my friends. It was sort of difficult to sit there and not have any drinks, when I usually enjoy participating in the drinking festivities. A good thing about the night was I was able to provide a sober ride for 3 of my friends to and from the bar.

April 3, 2009

Today is Friday, which is usually my biggest night of drinking. My friends and I will usually go out to a party or to the bar around 8 or 9 PM and stay till closing. After that we will usually go to a fast food restaurant or diner and eat very unhealthy fatty foods, to say the least. By the end of the night I usually end up spending around 50 dollars. I decided for the sake of my healthy diary goal to skip that activity and find something else to do. I asked my sister to go out to dinner and see a movie with me instead. Although I still spent some money by the end of the

night, it felt like a much more relaxed and worthwhile night than just drinking way to many drinks and not remembering much of the night.

April 4, 2009

Today is Saturday, the last day of my health diary week, and although I almost made it through the entire week I was not able to abstain from drinking today. It was my cousin's wedding and at the ceremony there was an open bar and tons of good food, I just could not refrain from having a few drinks. I decided that since I had made it through the whole week and this was a once in a lifetime family event, one or two drinks would not do too much harm.

Summary

For my health diary week I decided to attempt to abstain from drinking for the entire week. Although I was unable to complete my goal of complete abstention of alcohol, I was able to drastically reduce it to just one day out of the week. This was relatively easy to do due to my strong will and hectic weekly schedule from being a full time student, having two jobs, and being a gym fanatic. The thing that made accomplishing my goal the hardest was the peer pressure from my friends to come out with them "just for a few" or "just for a little while" when that usually escalates into long crazy nights. Although I was not able to abstain for the whole week I believe it was for a good reason, a family function. I learned a lot from this experience such as the amount of sleep I lose and how much this affects me during the week as these late nights of drinking begin to add up. I also learned of the large amount of money that I end up spending on alcohol and the activities related to it during the week. This week I saved about 150 dollars by the weeks end. I believe that I will use what I learned this week to cut down on my drinking,

although not abstain completely from drinking because every once in a while having a few drinks with friends can help you relax and unwind after a long hard week.