
My AUDIT Score Sheet

Take the AUDIT in Chapter 5, then record your score here. Take it again after 30 days, 3 months and a year.

	First	Day 30	Day 90	One year
Date taken				
Questions 1–3 (how much)				
Questions 4–6 (signs of dependence)				
Questions 7–10 (harm)				
Total				
Zone				

The four zones

Zone	Score	What it means
I	0–7	Low risk
II	8–15	Hazardous drinking
III	16–19	Harmful drinking
IV	20–40	Possible dependence: see a doctor

Points on question 4, 5 or 6, or a total of 20 or more: see a doctor before changing how you drink (Chapters 5, 8).