



Are You Addicted to Stimulants?

Complete the 7-day “stimulant inventory” below to know more about yourself...

	1 Unit =	Mo	Tue	Wed	Thu	Fri	Sat	Sun
Green Tea	2 cups							
Black Tea	1 cup							
Coffee	1 cup							
Cola Drinks	1 can							
Energy Drinks	1 can							
Chocolate	50 g							
Alcohol 1 glass of wine or a can of beer is=1 unit ½ glass of spirits like gin, vodka, whisky is=1 unit)	1 unit							
Added sugar	1 teaspoon							
Cigarettes	1 cigarette							

Check with your Results

Add up your total number of ‘units’.

Scores:

0-5: A score of 5 or fewer per week is ideal.

6-10: Borderline. Make sure not to exceed your intake of stimulants in order to prevent any future health complications.

11-29: More than 10 stimulant units a week means it can affect your mental and physical wellbeing

30 or more: More likely to be causing you health problems.

It is strongly recommended that you reduce or avoid all these substances for at least a month and see how this helps your symptoms.