

# MY SOBER MATHS

What it used to cost and what you get back.

- 1** Fill in a normal drinking week. Everything, not just the drinks.
- 2** Times it by 52, then by the years you drank like that.
- 3** Decide what you'll do with it and pick a reward.

**A NORMAL DRINKING WEEK**

Hours include getting over it

|          | PER WEEK             | PER YEAR (× 52)      | OVER ___ YEARS       |
|----------|----------------------|----------------------|----------------------|
| MONEY    | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| EVENINGS | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| HOURS    | <input type="text"/> | <input type="text"/> | <input type="text"/> |

**WHAT I'M GETTING BACK**

The things money can't buy

**WHAT I'LL DO WITH IT**

The money and the time

My reward at the end of this month

**HINT** If the first number looks too low, it probably is. Count everything: the rounds, the taxis, the takeaways, the cigarettes and the 2am online shopping.