

USMC Alcohol Consumption Continuum

No Risk	Low Risk	High Risk
<ul style="list-style-type: none"> 0 standard drinks per day (Abstinence) 	<ul style="list-style-type: none"> No more than 3 standard drinks a day No more than 1 standard drink per hour Men: No more than 3 standard drinks a day not to exceed more than 14 standard drinks a week Women: No more than 2 standard drinks a day not to exceed more than 7 standard drinks a week 	<ul style="list-style-type: none"> Consumes more than EITHER the single-day or weekly limits Consumes more than BOTH the single-day or weekly limits Drinking more than 1 standard drink per hour

