

Name: _____

SOCI 270 – Drugs, Society and Behavior – DRUGS 6 Data Collection Assignment

Caffeine is a powerful stimulant. Yet it is not a drug taken very seriously with respect to dependence, misuse or abuse. Still, it is instructive to see how much we ourselves take in on a daily level. Use the following website and chart (or something similar) to track your caffeine intake on a daily level for the next week. Be as accurate as possible in your estimation. Be prepared to report your findings in class next week. **In your report**, write a summary of use and establish whether you are on average above, at, or below the [recommended daily intake of caffeine](#) (400mg) and if you have any symptoms or signs of caffeine dependence (describe what they are).

This website has information on caffeine levels of many of the beverages you are likely to drink, and other sources of caffeine as well. Review the following chart to see if there are foods you eat that unknowingly contain caffeine:

<http://www.cspinet.org/new/cafchart.htm>.

DATE	Sources Midnite - 8am Amount	Sources 8am - 4pm Amount	Sources 4pm - Midnite Amount
	_____ mg	_____ mg	_____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
	_____ + _____ mg	_____ + _____ mg	_____ + _____ mg
SUBTOTAL	= _____ mg	= _____ mg	= _____ mg
DAILY AVERAGE	_____ mg / 7	+ _____ mg / 7	+ _____ mg / 7
		=	TOTAL _____ mg / day

Report Summary: _____

Due by email on or before Thurs, Mar 31

When done, take a photo of this sheet or scan it and send to me at reymers@morrisville.edu, **SUBJECT: DRUGS6**