

SMOKING DIARY

Smoking may be something you do without thinking. For a few days, write down each time you smoke. Copy the diary below or use a notebook to record what you are doing when you smoke. Then try to give up a few of the cigarettes you don't need as badly.

What to Record:

- When you smoke (day, time).
- Where are you when you smoke and what are you doing?
- Who are you with?
- How much you want to smoke at that time. Rank from 1 to 3:
 - 1. I could *do without* this cigarette.
 - 2. I *would like* a cigarette.
 - 3. I *need to have* a cigarette now!

Week One

Dates:

Date and Time	Place/ Activity/with Who	Rating
<i>Example:</i> Mon. 4/18, 7 am	Kitchen table with coffee	2
<i>Example:</i> Mon. 4/18, 10 am	Break room with Jeff	1
<i>Example:</i> Mon. 4/18, 5:30 pm	Sitting in traffic	3



Week Two

Dates:

Date and Time	Place/ Activity/with Who	Rating

Week Three

Dates:

Date and Time	Place/ Activity/with Who	Rating

Week Four

Dates:

Date and Time	Place/ Activity/with Who	Rating

Week Five

Dates:

Date and Time	Place/ Activity/with Who	Rating

