

SMOKING DIARY

Use this diary to record how many cigarettes you smoke throughout the week – writing in the diary each day will be easier than trying to remember how many you smoked at the end of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
How satisfying was the cigarette? (on a scale of 1-10) (10 being satisfying and 1 being that you felt you needed another one)							