

Your Smoking Diary

Keep a diary for 2 or 3 days in one week. Include a Friday or Saturday. Record EVERY cigarette you smoke. This will give you an idea of times and places when you smoke and when you're most likely to miss your cigarettes. You can then plan exactly how you'll cope when you stop.



DATE	TIME	WHAT WAS I DOING?	WHO WAS I WITH?	DID I NEED IT? 1 - DESPERATE 5 - COULD HAVE DONE WITHOUT	DID I ENJOY IT? 1 - LOVED IT 5 - HATED IT	HOW I WILL COPE NEXT TIME WITHOUT A CIGARETTE

If you need more space draw up your own diary