

SMOKING DIARY

DAY 1: Normal/Routine day (e.g. work day)

Date: ____ / ____ / ____ Time of waking up: _____

TIME OF SMOKING	WHAT WERE YOU DOING?	WHO WERE YOU WITH?	HOW WERE YOU FEELING?	HOW MUCH DID YOU ENJOY IT?*	HOW MUCH DID YOU NEED IT?*
<i>e.g. 10.30am</i>	<i>Having a break at work</i>	<i>Colleagues</i>	<i>Stressed about my project</i>	<i>A little (3), but didn't make me feel less stressed</i>	<i>5</i>

* You can use the rating of 1 to 10, where 1=Hardly at all, & 10=Very much

Once complete, start asking yourself:

Which activities trigger me to smoke? What feelings trigger me to smoke?

Which cigarettes did I most enjoy and why? When do I smoke the most and why?

DAY 2: Non-routine day (e.g. weekend)

Date: ____ / ____ / ____ Time of waking up: _____

TIME OF SMOKING	WHAT WERE YOU DOING?	WHO WERE YOU WITH?	HOW WERE YOU FEELING?	HOW MUCH DID YOU ENJOY IT?*	HO MUCH DID YOU NEED IT?*
<i>e.g. 10.30am</i>	<i>Having a break at work</i>	<i>Colleagues</i>	<i>Stressed about my project</i>	<i>A little (3), but didn't make me feel less stressed</i>	<i>5</i>

* You can use the rating of 1 to 10, where 1=Hardly at all, & 10=Very much

Once complete, start asking yourself:
 Which activities trigger me to smoke? What feelings trigger me to smoke?
 Which cigarettes did I most enjoy and why? When do I smoke the most and why?