

Smoking diary

This activity is really useful in helping you to understand why, when and where you smoke, at what times, and in which situations you are likely to have difficulty once you quit or, if you have already quit, to help you work out where you are having trouble. It can also help you to think of strategies you can employ in these situations to help you resist the urge to smoke. If you are using a Diary after you quit, review your entries across several days to see if it's becoming easier to resist temptations and whether they are becoming less frequent.

Each time you smoke a cigarette today, fill in the time, occasion or activity, what you were feeling and how much you craved a cigarette using the scale provided. You should also indicate whether you delayed the cigarette (either deliberately, or because you were unable to smoke), or smoked when you first felt like it. We recommend you do this for several days, using a separate form for each day.

Date: _____

No. cigarettes in pack (start of day): _____

No. cigarettes in pack (end of day): _____

New pack: ☐ Y ☐ N

Cigarettes used: _____

Number given away: _____

Total no. smoked: _____

CIGARETTE CRAVINGS SCALE

- 1 SMOKED WITHOUT THINKING
- 2 CRAVINGS, BUT DECIDED TO SMOKE
- 3 MEDIUM CRAVINGS
- 4 STRONG CRAVINGS
- 5 EXTREMELY STRONG CRAVINGS

SMOKING DIARY

[illegible]