



# My One Day of Smoking Diary



**For one day, write down each cigarette you smoke.**

Fill in the time, situation, how you felt etc. It will help you work out when and why you smoke.

Then write down how strong your need for a cigarette was, from 1-5. 1 = I could do without it and 5 = I really need a cigarette

	Time	Situation	Feeling	Need	What I did	What I could have done
	<b>EXAMPLE:</b>					
	7am	Woke up	Tired	4	Smoked	Jumped in the shower
	10pm	Watching TV	Bored	2	Walked the dog	Smoked but didn't
1.						
2.						
3.						
4.						
5.						
6.						
7.						



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8.						
9.						
10.						
11.						
12.						
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17.						
18.						
19.						
20.						



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21.						
22.						
23.						
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25.						
26.						
27.						
28.						
29.						
30.						
31.						
32.						
33.						



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34.						
35.						
36.						
37.						
38.						

Have a look back over the day. Were there common triggers to your smoking?

When you know the reasons for smoking, you'll be better prepared to quit smoking. And **Quitline 13 7848** can help you with that.