## **···** ► Smoking Record

After you have set your quit date, use this chart to track your smoking patterns.

- Use this chart for five days, including a weekend. List every cigarette you smoke. Make a copy if you need more lines.
- When you are done, look at the chart to see your smoking patterns. Changing these patterns will make it easier to quit.

Date	Time	Where	Who I was with	How strong was the craving?

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