

**MODULE 4**  
**SMOKING AND NICOTINE CESSATION**

**My Smoking/Nicotine Diary**

| Cigarette | Time | Activity | Mood  | Desire to Smoke<br>(scale from 1-10) |
|-----------|------|----------|-------|--------------------------------------|
| 1         |      |          | ☹ ☺ ☻ |                                      |
| 2         |      |          | ☹ ☺ ☻ |                                      |
| 3         |      |          | ☹ ☺ ☻ |                                      |
| 4         |      |          | ☹ ☺ ☻ |                                      |
| 5         |      |          | ☹ ☺ ☻ |                                      |
| 6         |      |          | ☹ ☺ ☻ |                                      |
| 7         |      |          | ☹ ☺ ☻ |                                      |
| 8         |      |          | ☹ ☺ ☻ |                                      |
| 9         |      |          | ☹ ☺ ☻ |                                      |
| 10        |      |          | ☹ ☺ ☻ |                                      |
| 11        |      |          | ☹ ☺ ☻ |                                      |
| 12        |      |          | ☹ ☺ ☻ |                                      |
| 13        |      |          | ☹ ☺ ☻ |                                      |
| 14        |      |          | ☹ ☺ ☻ |                                      |
| 15        |      |          | ☹ ☺ ☻ |                                      |
| 16        |      |          | ☹ ☺ ☻ |                                      |
| 17        |      |          | ☹ ☺ ☻ |                                      |
| 18        |      |          | ☹ ☺ ☻ |                                      |
| 19        |      |          | ☹ ☺ ☻ |                                      |
| 20        |      |          | ☹ ☺ ☻ |                                      |
| 21        |      |          | ☹ ☺ ☻ |                                      |
| 22        |      |          | ☹ ☺ ☻ |                                      |
| 23        |      |          | ☹ ☺ ☻ |                                      |
| 24        |      |          | ☹ ☺ ☻ |                                      |
| 25        |      |          | ☹ ☺ ☻ |                                      |