

MY SMOKING/NICOTINE DIARY

Cigarette	Time	Activity	Mood	Desire to smoke (1-10)
1			  	
2			  	
3			  	
4			  	
5			  	
6			  	
7			  	
8			  	
9			  	
10			  	
11			  	
12			  	
13			  	
14			  	
15			  	
16			  	
17			  	
18			  	
19			  	
20			  	