SOUTHTOWNS PEDIATRICS

BIG TREE • DERBY • SILVER CREEK • DUNKIRK

YOUR SMOKING DIARY

This tool is intended to help you keep track of your daily cigarette use. Record every cigarette you smoke. This will give you an idea of times and places that you smoke and when you are most likely to miss your cigarettes. You can then plan exactly how you will cope when you stop.

Date	Time	What Was I Doing?	Who Was I With?	How Much Did I Need It? • Desperate • A lot • Could have done without	Did I Enjoy It?