

SMOKER'S DIARY



Keeping track of your current smoking is an important step in quitting. The best way to keep track of your smoking is by keeping a smoker's diary or log book. It is easy to lose track of how much, where, why and when you smoke, but these things are important to know. Why? So you can prepare yourself to quit smoking, and resist the temptation to smoke again.

To keep a smoker's diary:

- Fill in your diary every time you have a cigarette on Saturday, Sunday, and three days during the week.
- Keep track of your need or craving for a cigarette with a scale of 1 to 5 (1 being low, 5 high)
- At the end of each day and after one week, review your diary. Look for patterns in your smoking habit. Here's an example.

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
1	8:10	1 2 ⑤ 4 5	DRINKING COFFEE	AT HOME	FAMILY	TO WAKE UP
2	8:25	1 2 3 4 ⑤	DRIVING TO WORK	IN MY CAR	ALONE	TO RELAX (ANXIOUS)
3	10:00	1 ② 3 4 5	COFFEE BREAK	OUTSIDE BUILDING	CO-WORKERS	HABIT
4	NOON	1 2 3 ④ 5	LEAVING FOR LUNCH	SIDEWALK	CO-WORKERS	CRAVING (TO CALM ME!)
5	2:20	1 ④ 3 4 5	FINISHING LUNCH	OUTSIDE BUILDING	CO-WORKERS	HABIT, PLEASURE

In this example, you can see a pattern.

Look at cigarettes 3 and 5. The smoker's need for a cigarette under these circumstances is very low. He's smoking out of habit.

The smoker's need for a cigarette seems lowest when he already feels relaxed and cheerful. His need is greatest when he feels cravings and stress.

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WEEKDAY 1

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
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		1 2 3 4 5				
		1 2 3 4 5				
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		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				

Adapted with permission from *For Smokers Who Want to Quit – One Step at a Time*, pp. 27-30.
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WEEKDAY 2

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
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		1 2 3 4 5				

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WEEKDAY 3

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
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		1 2 3 4 5				
		1 2 3 4 5				

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SATURDAY

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
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		1 2 3 4 5				
		1 2 3 4 5				

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SUNDAY

Cigarette number	Time of day	Need	What I was doing	Where I was smoking	Who I was with	Reason for this cigarette
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
		1 2 3 4 5				
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