



My One Day of Smoking Diary



For one day, write down each cigarette you smoke.

Fill in the time, situation, how you felt etc. It will help you work out when and why you smoke.

Then write down how strong your need for a cigarette was, from 1-5. 1 = I could do without it and 5 = I really need a cigarette

	Time	Situation	Feeling	Need	What I did	What I could have done
	EXAMPLE:					
	7am	Woke up	Tired	4	Smoked	Jumped in the shower
	10pm	Watching TV	Bored	2	Walked the dog	Smoked but didn't
1.						
2.						
3.						
4.						
5.						
6.						
7.						



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20.						



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33.						



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34.						
35.						
36.						
37.						
38.						

Have a look back over the day. Were there common triggers to your smoking?

When you know the reasons for smoking, you'll be better prepared to quit smoking. And **Quitline 13 7848** can help you with that.