## Smoker's Journal



Recording your smoking habits in a smoker's journal helps you identify your smoking triggers and moods, so you can better strategize your quit-smoking plan. Keep track of how much, where, when and why you smoke with the smoker's journal below.

DATE:										
CIGARETTE NO.	TIME	URGE					SITUATION ACTIVITY	VENUE	WITH WHOM	MOOD/ WHY YOU
		1 2 3 4			1	5				SMOKED
		1	2	3	4	5				
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URGE: 1 being low, 5 high