

Your 24-Hour Smoking Log.

Many smokers light up during specific times of the day, while in particular situations, or when they feel a certain way. Taking one day to identify these moments may help you avoid them when you're ready to quit. Just cut out your Smoking Log and wrap it around a cigarette pack.

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Be sure to log each cigarette you smoke. A Smoking Log can help you learn when, where, and why you smoke. This can be a first step as you learn to trade your old smoking routines for new nonsmoking ones.

Example:

My Smoking Log.

When, where, and why I smoked

During breakfast at home

with coffee

Driving in my car, to pass time

After lunch outside office

break from work.



