## **Tracking Form**

## Instructions:

- 1) Print this form.
- 2) Cut it out and carry it with you.3) Record every cigarette you have for the next few days.
- 4) Print off the questions below and answer them.

Cig #	Time	Place	With whom	Mood (G/B/?)	Rate (1-5)
1					
25					

G: If your mood was good or happy before you smoked B: If you were in a bad mood, angry or sad before you smoked ?: If you're not sure how you felt before you smoked

1= I could have done without this smoke

5= I really had to have this cigarette

## **Tracking Form**

After you have filled in the tracking form, answer these questions. They will help you understand what you need to know to make your quitting plan.

Questions about Smoking	Answers
How much do you smoke each day? Print off the	
Graph and plot the number of cigarettes you	
have each day.	
When do you usually smoke your first cigarette of	
the day?	
What time of day do you smoke the most	
cigarettes?	
Where do you usually smoke?	
Who do you smoke with?	
What mood are you in when you smoke?	
What are you thinking about when you smoke?	
What are you doing when you smoke? What's	
happening when you smoke?	
How strong is your urge or craving usually?	
Are there any cigarettes you crave more than	
others?	
Are there any cigarettes you don't crave much or	
at all? Do you just have these cigarettes out of	
habit?	
Are there any patterns to when, why, or with	
whom you smoke?	
How does it feel when you smoke a cigarette?	
How does it feel after you smoke a cigarette?	
Other observations:	