



## 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.

<b>Questions about Smoking</b>	<b>Answers</b>
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:	