

Track your cigarettes

1. Cut out the charts beneath.
2. For the next few days, after each cigarette, make a note of what you were doing and when you lit up and give it a rating.
3. Be sure to return to BecomeAnEX.org to update your online cigarette tracker.

Date: 5/27

Time	Urge Level	Trigger
Time of day	Light Moderate Strong Very strong	What were you doing at the time? (ex - coffee, work, driving)
1 7:00 AM	M	COFFEE
2 10:00 AM	L	WORK
3 1:00 PM	L	LUNCH
4 2:55 PM	V	WORK
5 5:15 AM	S	DRIVING
6 ETC...		
7		
8		
9		

cut out 

Date:			Date:			Date:		
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1			1			1		
2			2			2		
3			3			3		
4			4			4		
5			5			5		
6			6			6		
7			7			7		
8			8			8		
9			9			9		