Quitline 13 7848

My smoking record

Value
1 = I could do without it
2 = I feel like it
3 = I need it
4 = I really need it
5 = I'm desperate for it

Date	Time	Activity / situation	Feeling / mood	Value	What I did
eg. 1/9	3pm	chatting with other smokers	relaxed	3	smoked
eg. 1/9	6pm	after dinner	dissatisfied	4	went for a walk

quit.org.au

VicHealth OFFICIAL SUPPORTER

The Quit Victoria and Quitline logos are registered trademarks of The Cancer Council Victoria.
Quit Victoria is a joint initiative of The Cancer Council Victora, the Department of Human Services, the National Heart Foundation and the Victorian Health Promotion Foundation.
Produced by Quit Victoria PO Box 888 Carlton Victoria 3053 8/2007 © 2006