



PRE-QUIT LOG

INSTRUCTIONS:

Fold this page (or use smaller version) and put it in your cigarette package or another convenient place. Record every cigarette you smoke until the chart is complete.

MOOD SCALE:

- 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

RATE SCALE:

- 1: I could have done without this smoke
- 5: I really had to have this cigarette

Cig #	TIME	PLACE	WITH WHOM	MOOD (G/B/?)	RATE (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					