NHS
Cornwall and Isles of Scilly

Smoking Diary

Try to keep a smoking diary for at least two days. If you work, try to do one for a day that you are at work, the other for a day at home. This information will help you look at your smoking.

Time	What were you doing	Who were you with?	How were you feeling (tired, bored, happy etc)?	How much did you enjoy it?	How much did you need it?

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