Inova TobaccoNET Tobacco Journal

It's a good practice, as part of your quit plan, to keep a journal and record your use of tobacco over a week. Write down every time you use tobacco, where, why, with whom, and what goes with it, i.e., favorite lighter or chair. You'll become more familiar with your patterns and what your associations or triggers are. If you are unable to keep a journal for a full week, try to keep a journal for 2 days during the week (work days) and 1 day on the weekend (day off from work).

Date	#	Time of Day	What I Was Doing	Who I Was With	How I Was Feeling
Jan 1	*Cigarette 1*	*7:30am*	*Getting out of bed*	*Alone*	*Relaxed*

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