

"QUIT SMOKING" DIARY



DAY 1

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 2

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 3

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
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7	
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9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 4

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 5

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 6

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

DAY 7

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
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12	
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14	
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16	
17	
18	
19	
20	



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