**Smoking Log**

**Option 1: Summary of the day**

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| **Name:** | | | |
| **Date** | **Behavior** | **Describe the situation** | **Thoughts and feelings** (e.g. What were you thinking or feeling in that situation?) |
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**Smoking Log**

**Option 2: Cigarette by cigarette over the day**

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| **Name:** | | **Date:** | |
| **Time** | **Level of craving** | **Place or activity** | **Thoughts or feelings before the craving** |
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