# Smoking Log Worksheet

| Date | Time | My Mood | Trigger(s) | Did I need it? no, yes, or **YES** |
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Instructions for Homework:

Record the date & time of each cigarette you smoke. Include the mood you were in when you smoked (ex.: happy, sad, lonely, or bored). Were there any triggers that lead you to smoke? (ex.: alcohol, coffee, boredom); and did you really need that cigarette? (ex. "No, I did not but smoked it anyway.", "Yes, I was craving the cigarette a little." or "**YES**, I needed the cigarette because it was a very stressful day.") Bring your smoking log to your next class.

This smoking log will help you set up your action plan.