



My One Day of Smoking / Vaping Diary



For one day, write down each cigarette/e-cigarette you smoke/vape.

Fill in the time, situation, how you felt etc. It will help you work out when and why you smoke/vape.

Then write down how strong your need for a cigarette/e-cigarette was, from 1-5. 1 = I could do without it and 5 = I really need one

	Time	Situation	Feeling	Need	What I did	What I could have done
	EXAMPLE:					
	7am	Woke up	Tired	4	Smoked/vaped	Jumped in the shower
	10pm	Watching TV	Bored	2	Walked the dog	Smoked/vaped, but I didn't
1.						
2.						
3.						
4.						
5.						
6.						



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7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						



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18.						
19.						
20.						
21.						
22.						
23.						
24.						
25.						
26.						
27.						
28.						



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29.						
30.						
31.						
32.						
33.						
34.						
35.						

Have a look back over the day. Were there common triggers to your smoking/vaping?

When you better understand your reasons for smoking/vaping, you'll be better prepared to quit smoking/vaping.

And **Quitline 13 7848** can help you with that.