

Date: 30 April

Cigarette No.	Time	Urge					Situation	Venue	With Whom
		1	2	3	4	5	Activity		
1	8.30	1	2	(3)	4	5	<i>morning coffee</i>	home	<i>family</i>
2	8.50	1	(2)	3	4	5	<i>going to work</i>	car	-
3	10.15	1	2	3	(4)	5	<i>meeting break</i>	entrance	<i>colleagues</i>
4	12.00	1	(2)	3	4	5	<i>going for lunch</i>	entrance	<i>colleagues</i>

Mood/Why You Smoked
sleepy/to perk up
bored/out of habit
stressed/to destress
relaxes/out of habit