

# Cigarette Log

HOW DO YOU FEEL?														WHAT ARE YOU DOING (such as: walking, on a work break, visiting relative, etc.?)
# CIGARETTES	Time of Day	Happy	Sad or Depressed	Hungry	Lonely	Relaxed	Bored	Anxious	Angry	Tired	Frustrated			
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
17														
18														
19														
20														

## Instructions

- In the first column write the number "1" when you have your first cigarette of the day. When you have your second cigarette, you would write a "2" on the line below.
- In the second column, write the time of day that you smoke that cigarette.
- Then make check-mark in one of the following columns to record how you are feeling before smoking that cigarette. You may be feeling more than one emotion. There are two empty columns to write in additional emotions that you may be feeling (if they are not listed).
- In the last column, write down what you were doing while smoking that cigarette i.e. having coffee, driving, on the phone, taking a work break, etc.
- Refer to the following completed example

CIGARETTE #	Time of Day	HOW DO YOU FEEL?											WHAT ARE YOU DOING?
		Happy	Sad or Depressed	Hungry	Lonely	Relaxed	Bored	Anxious	Angry	Tired	Frustrated	Stressed	
1	6:10 <sup>AM</sup>									✓			having coffee
2	6:25									✓			more coffee
3	6:32												coffee
4	7:40												driving to work
5	7:55											✓	driving to work
6	10:20												taking a break
7	12:25 <sup>P</sup>												after lunch
8	2:05											✓	taking a break
9	4:35									✓			driving home
10	4:45												driving home
11	6:10			✓									cooking dinner
12	6:45					✓							after dinner
13	8:05												watching TV
14	9:10						✓						watching TV
15	9:40									✓			getting ready for bed