

Jamison: Patient Education and Wellness

HANDOUT 16.5: A SMOKING DIARY

☐ Record smoking behaviour

DATE	TIME	OCCASION/ TRIGGER	PLEASURE RATING	COMMENT

☐ Change smoking behaviour

	CURRENT	INTENDED	ACHIEVED
Eliminate cigarettes providing the least pleasure first			
Purchase only disliked brands of cigarettes			
Discard cigarettes when they are half-smoked			
Carry only a limited supply of cigarettes			
Wrap cigarette boxes up in a sheet of paper listing the costs of smoking and benefits of quitting			
Reduce exposure to smoking triggers			