

After you have set your quit date, use this chart to track your tobacco use.

- Use this chart for five days, including a weekend. List every time you use. Make a copy if you need more lines.
- When you are done, look at the chart to see your patterns. Changing these patterns will make it easier to quit.

Date	Time	Where	Who I was with	Strength of craving?

... ► Tobacco Record

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