

Print this out for your personal use.

How Much Will You Use Tobacco This Week?

Monitoring your tobacco use is a great way to discover how much you're using and under what circumstances. In the next week, record on the form below every time you use tobacco.

Day Time of Day Location/Feelings

Record your observations by answering the following questions.

What days did you use tobacco the most and why?

What days did you use tobacco the least and why?

Was a certain time of day or location most challenging?

What can you do to ensure success in the days ahead?
