

My Quitting Smoking Diary



Congratulations on making the choice to quit smoking!

You can use this Quitting Smoking diary to help you in the days ahead. You can keep track of how much you are smoking, when, and why you are deciding to smoke.

Fill out a new chart each day, and you will be able to see if you are smoking less over time.

Date _____ How many days into quitting smoking are you? _____

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		

Did You Know? Quitting smoking can slow COPD* from getting worse. It is never too late to quit smoking.

Talk to your healthcare practitioner (prak-tih-shun-er) about why it is important to quit smoking.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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