

Daily Tobacco Use Log

Week of: _____

Today's Date: _____

Daily Target:	Daily Total:
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Directions:

- **Time** – Record each time you use tobacco throughout the day.
- **Need or desire** – Using a scale of 0 to 5, rate how strongly you felt the need or desire to use tobacco each time. For example, 0 indicates no need or desire to use tobacco at all while 5 indicates a strong need or desire.
- **Type and amount** – Record the type and the amount of tobacco for each time it is used, for example, 2 cigarettes, 1 cigar, 1 chew.
- **Mood and activity** – Record your mood at the time you use tobacco, for example, tired, stressed, anxious, or relaxed. Also record any activity you were doing, for example, socializing with friends, just ate lunch, lying in bed, just woke up.
- **Daily usage** – Record the total amount of tobacco you used at the end of each day.

Tobacco Use	#1	#2	#3	#4	#5	#6	#7
Time:							
Need or desire:							
Type and amount:							
Mood and activity:							
Tobacco Use	#8	#9	#10	#11	#12	#13	#14
Time:							
Need or desire:							
Type and amount:							
Mood and activity:							
Tobacco Use	#15	#16	#17	#18	#19	#20	#21
Time:							
Need or desire:							
Type and amount:							
Mood and activity:							

Tracking your tobacco use helps to identify habits and trends, how much you are using, when, and why. It will help you know where to start and focus your quitting efforts. Use this log to help you cut down and then quit.