PACK WRAP

Wrap this daily cigarette count sheet around your pack of cigarettes and secure it with a rubber band. **BEFORE** you are about to smoke, unwrap the pack and write down the following in the table below:

1. Time of day
2. Activity you are doing
3. Words that best describe your feelings at the moment
4. How much you need that particular cigarette

Need Rating

1 = I had to have it (strong)

2 = I needed it no more than usual (average)

3 = I could have done without it (weak)

Check off what you were doing or write it in the "other" column

How was your mood? Check off the feelings you had

Time	Food and/or alcohol	Relaxing	Work	Social/friends	Driving	Other (Describe)	Angry/Mad	Anxious	Bored	Sad/Depressed	Frustrated	Happy	Relaxed	Tired	Need Rating

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