

# Cigarette Record

This week continue to smoke as you usually do.

Mark the box of the day and time each time you smoke a cigarette.

It is important to fill out this chart so you can start on the right dose of nicotine replacement therapy (NRT) next week.

Time		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:00							
	6:30							
	7:00							
	7:30							
	8:00							
	8:30							
	9:00							
	9:30							
	10:00							
	10:30							
	11:00							
	11:30							
PM	12:00							
	12:30							
	1:00							
	1:30							
	2:00							
	2:30							
	3:00							
	3:30							
	4:00							
	4:30							
	5:00							
	5:30							
	6:00							
	6:30							
	7:00							
	7:30							
	8:00							
	8:30							
	9:00							
	9:30							
	10:00							
	10:30							
	11:00							
	11:30							
AM	12:00							
	12:30							
	1:00							
	1:30							
	2:30							
	3:30							
	4:30							
	5:30							



DEPARTMENT OF  
PUBLIC HEALTH  
AND WELLNESS

