



Activity 2: Let's Get Real about how much and how often you light up

How Much and How Often do you light up?

This next activity is a single day snap shot of your smoking habit. The purpose is to get a clear assessment of how much and how often you are lighting up. Once we have a baseline for your daily habit we can better assess how to approach your quit attempt.

1. Pick one day over the next week as your self-analysis day.
2. From the moment you wake up track each time you smoke a cigarette by placing a check mark on the timeline. If you have two cigarettes, place two check marks.
3. We want to see what time of day you light up, how many cigarettes you smoke, and how often.

There is no right or wrong measurement. It simply is what it is. Then, in Session 2 we will examine your self-analysis and begin working on options for your quit attempt.



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