# Log for Tracking My Smoking Habit

| Date | Time of Smoking Cigarette | Activity (what I am doing while I am smoking) | Urge to Smoke<br>1 not at all<br>2 mild urge<br>3 moderate urge<br>4 severe<br>5 worst urge ever |
|---|---|---|---|
| 9/2/09 | 7AM | Just got out of bed **EXAMPLE** | 5 |
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PCNA
Preventive Cardiovascular Nurses Association