



# Break the Habit

## A Pharmacist's Toolkit for Smoking Cessation Counselling

### Smoking Diary

Every day, fill in your smoking diary. Record how many cigarettes you smoked, how strong your cravings were, what you were doing, what made you want to smoke and how you felt. Also, record how much you felt you needed to smoke at the time and whether you enjoyed it or not. This diary will help you see patterns in your smoking to help you improve.

Week 1									
Day of the Week	Date	Cigarette #	Time	Place/Location (Where was I?)	Activity (What was I doing at the time?)	Trigger (What was it?)	Mood (Describe)	How much did I need it? (rate 1-10, with 1 being the lowest)	How much did I enjoy it? (rate 1-10, with 1 being the lowest)

Adapted from: Centre for Addiction and Mental Health (CAMH). Smoking diary [PDF form]. Available at: [www.camh.ca/-/media/files/professionals/conditions-and-disorders/smoking-diary2021-pdf](http://www.camh.ca/-/media/files/professionals/conditions-and-disorders/smoking-diary2021-pdf).