

"QUIT SMOKING" DIARY



DAY 1

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
2		
3		
4		
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11		
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14		
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17		
18		
19		
20		

DAY 2

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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4		
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10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

DAY 3

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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4		
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11		
12		
13		
14		
15		
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17		
18		
19		
20		

DAY 4

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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4		
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11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

DAY 5

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

DAY 6

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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4		
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11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

DAY 7

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1		
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17		
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19		
20		



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