PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

CANADIAN PHARMACISTS ASSOCIATION
ASSOCIATION DES PHARMACIENS DU CANADA

PRE-QUIT LOG

INSTRUCTIONS:

Fold this page and put it in your cigarette package or another convenient place. Record every cigarette you smoke until the chart is complete.

Mood Scale:

G: If your mood was good or happy before you smoked

B: If you were in a bad mood, angry or sad before you smoked

?: If you're not sure how you felt before you smoked

Rate Scale:

1 = I could have done without this smoke

5 = I really had to have this cigarette

Cig #	TIME	PLACE	WITH WHOM	MOOD (G/B/?)	RATE (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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25					

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