Name	
------	--

_	_		
Da	tΩ		
$\mathbf{p}_{\mathbf{q}}$			

## **Smoking Diary**

Use this diary to record how many cigarettes you smoke throughout the week – writing in the diary each day will be easier than trying to remember how many you have smoked at the end of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							