

QUIT SMOKING DIARY



Day 1

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

A series of 12 horizontal gray bars stacked vertically, intended for text entry. Each bar is a solid light gray color and is separated from the others by a small white gap. They are positioned below the teal header bar.

Day 2

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

A series of 12 horizontal gray bars, stacked vertically, intended for text entry. Each bar is approximately 100 pixels high and spans most of the width of the page.

Day 3

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

A series of 12 horizontal gray bars stacked vertically, intended for text input. Each bar is approximately 100 pixels high and spans most of the width of the page.

Day 4

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

A series of 12 horizontal gray bars stacked vertically, intended for text input. Each bar is approximately 100 pixels high and spans most of the width of the page.

Day 5

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

Day 6

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

Day 7

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Reason for smoking this cigarette, cigar, or pipe

A form consisting of 12 horizontal gray bars stacked vertically, intended for text entry. The bars are uniform in height and width, providing a structured space for the user to provide their reasons for smoking.

