

Pack Wraps

Wrap this daily cigarette count sheet around your pack of cigarettes and secure it with a rubber band. When you are about to smoke, BEFORE you light up, unwrap the pack and write down the following:

1.) Time of Day

2.) Activity you are doing

3.) Words that best describe your feeling at the time

4.) How much you need that particular cigarette

Need Rating

1= Very Strongly Needed

2= Average Need

3= Weakly needed

Time	Food and/or Alcohol	Relaxation	Work	Social	Driving	Other (Describe)	Angry	Anxious	Bored	Depressed	Frustrated	Нарру	Relaxed	Tired	Need Rating



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