Tobacco Tracker

Cut out each of these tobacco tracker charts, wrap it around your cigarette package or tobacco container and attach it with a rubber band. Every time you use tobacco, mark the date, time, and situation. Use a rating of 1–5 to record the strength of your urge. (Use 1 to indicate the least urge and 5 to indicate the strongest.)

DATE	TIME	RATING (1–5)	SITUATION

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