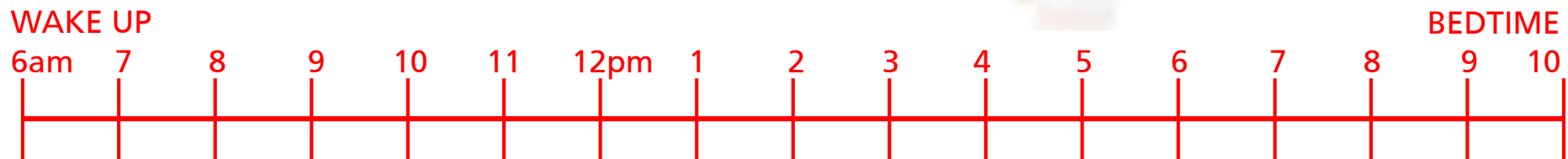


Self Analysis

Time to get real about how much, and how often, you light up!

- Pick 1 day over the next week.
- From the moment you wake up track each time you smoke a cigarette.
- We want to know what time of day, what was the situation, and how many cigarettes did you smoke.



This is a self-analysis to assess to help you learn how many times a day you actually light up.

