

Instructions: For the next week, keep a record of your tobacco use. At your next CHATT session you will input this information into your database. Try to be as accurate as possible. The more information you collect, the better you will understand your tobacco use.

Your reasons for **smoking**:

1. _____
2. _____
3. _____

Your reasons for **quitting**:

1. _____
2. _____
3. _____

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