## Human Smoking Behavior Study Smoking Diary Form

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# Human Smoking Behavior Study 

## Daily Cigarette Use Diary

Battelle<br>Centers for Public Health Research and Evaluation<br>Human Exposure Assessment Laboratory 2007

Dates: $\qquad$ to $\qquad$

Battelle is conducting this study on behalf of the Centers for Disease Control and Prevention. All information provided will be kept confidential and will be identified by code number only.

## The column headings refer to these questions:

1. Cigarette number for that day.
2. What time did you start smoking this cigarette? Please circle the am or pm.
3. What are you doing right now as you smoke; working, resting, driving, on the phone, or other?
4. Where are you as you smoke; home, work, car, or other place?
5. Are you smoking at a hurried or a normal pace?
6. Are you smoking your own cigarette brand, or did you get another brand from somebody else for this smoke?

When you reached for the cigarette:
7. On a scale of $1-5$, how much did you crave the cigarette? $1=$ Did not crave at all to $5=$ Craved it very much
8. On a scale of 1-5, how active were you? $1=$ Inactive to $5=$ Very active
9. What was your mood: sad, neutral, or happy?

| 1. | 2. | While smoking: |  |  |  |  | When you reached for the cigarette: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 3. |  |  | 5. | 6. | 7. | 8. | 9. |
| Cig | Time | Doing while smoking | Location |  | Pace | Own Brand? | $\begin{gathered} \text { Craving } \\ 1-5 \end{gathered}$ | $\begin{gathered} \text { Activity } \\ 1-5 \end{gathered}$ | Mood |
| 1 | $\qquad$ am pm | $\square$ Working Resting $\square$ Driving Other On the phone | Home <br> - Car | W Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| 2 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other O On the phone | Home <br> $\square$ Car | Work $\square$ Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral Happy |
| 3 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | Work - Other | $\square$ Hurried Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { n No } \end{aligned}$ | $\square$ | $\square$ | Sad I Neutral Happy |
| 4 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other O On the phone | $\square$ Home <br> - Car | W Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \square \text { Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral Happy |
| 5 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other On the phone | - Home <br> - Car | W Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 6 | $\begin{array}{r} \mathrm{am} \\ \_\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other $\square$ On the phone | Home <br> - Car | W Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| 7 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other $\square$ On the phone | Home <br> - Car | Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 8 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other On the phone | $\square$ Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \square \text { Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |


| 9 | $\begin{array}{r} \mathrm{am} \\ \mathrm{pm} \end{array}$ | Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | C Home <br> - Car | Work O Other | - Hurried <br> - Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> O On the phone | C Home <br> - Car | - Work - Other | $\square$ Hurried $\square$ Normal | $\square$ Yes $\square$ No | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 11 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting Driving Other On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 12 | am pm | W Working Resting Driving Other On the phone | - Home <br> $\square$ Car | - Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 13 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> - On the phone | C Home <br> - Car | - Work $\square$ Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 14 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | CHome <br> - Car | - Work - Other | $\square$ Hurried Normal | $\square$ Yes $\square$ No | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 15 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other On the phone | C Home <br> - Car | - Work - Other | Hurried Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 16 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting D Driving Other On the phone | Home <br> - Car | Work O Other | - Hurried <br> $\square$ Normal | $\square$ Yes $\square$ No | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 17 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting Driving Other On the phone | C Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { I Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 18 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> - Driving Other <br> - On the phone | - Home <br> - Car | - Work $\square$ Other | $\square$ Hurried Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral - Happy |


| 1. | 2. | While smoking: <br> 4.$\quad 5 . \quad 6$. |  |  |  |  | When you reached for the cigarette: <br> 7. <br> 8. <br> 9. |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cig | Time | Doing while smoking | Location |  | Pace | Own Brand? | $\underset{1-5}{\substack{\text { Craving } \\ \hline}}$ | $\begin{gathered} \text { Activity } \\ 1-5 \end{gathered}$ | Mood |
| 19 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | I Working O Resting a Driving Other On the phone | $\begin{aligned} & \text { a Home } \\ & \text { a Car } \end{aligned}$ | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad <br> $\square$ Neutral <br> 0 Happy <br> Sad |
| 20 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | I Working I Resting I Driving Other On the phone | $\begin{aligned} & \text { ㅁ Home } \\ & \text { - Car } \end{aligned}$ | W Work $\square$ Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad <br> $\square$ Neutral <br> $\square$ Happy |
| 21 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | a Working I Resting a Driving a Other On the phone | $\square$ Home $\square$ Car | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Q Neutral $\square$ Happy |
| 22 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | Q Working I Resting I Driving Other On the phone | $\begin{aligned} & \text { a Home } \\ & \text { a Car } \end{aligned}$ | a Work a Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad <br> $\square$ Neutral <br> 0 Happy |
| 23 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | I Working I Resting a Driving OOther On the phone | $\square$ Home $\square$ Car | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad <br> a Neutral <br> a Happy |
| 24 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | Q Working a Resting a Driving Other On the phone | $\square$ Home $\square$ Car | Q Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad <br> $\square$ Neutral <br> $\square$ Happy |
| 25 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | a Working I Resting a Driving Other On the phone | $\square$ Home $\square$ Car | a Work a Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Q Neutral $\square$ Happy |
| 26 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | Q Working a Resting a Driving Other On the phone | $\begin{aligned} & \text { a Home } \\ & \text { a Car } \end{aligned}$ | a Work a Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad <br> $\square$ Neutral <br> $\square$ Happy |
| 27 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | Q Working I Resting a Driving Other On the phone | $\square$ Home $\square$ Car | $\square$ Work a Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral 0 Happy |


| 28 | $\qquad$ am pm | W Working Resting D Driving Other $\square$ On the phone | $\begin{aligned} & \text { a Home } \\ & \text { a Car } \end{aligned}$ | a Work a Other | $\square$ Hurried Normal | $\begin{aligned} & \text { - Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | Sad Seutral 0 Happy |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 29 | $\begin{array}{r} \mathrm{am} \\ \mathrm{pm} \end{array}$ | I Working D Resting a Driving OOther $\square$ On the phone | $\begin{aligned} & \text { I Home } \\ & \text { C Car } \end{aligned}$ | a Work a Other | $\square$ Hurried Normal | $\begin{aligned} & \text { Y Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad Neutral 0 Happy |
| 30 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | W Working Resting $\square$ On the phone | $\square$ Home <br> - Car | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| 31 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | I Working I Resting I Driving Other On the phone | $\square$ Home <br> $\square \mathrm{Car}$ | $\square$ Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Seutral 0 Happy |
| 32 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | Q Working O Resting I Driving Other On the phone | $\square$ Home $\square$ Car | $\square$ Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ |  |
| 33 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working $\square$ Resting <br> $\square$ Driving Other <br> On the phone | $\square$ Home $\square \mathrm{Car}$ | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ | S Sad a Neutral a Happy |
| 34 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | Working Resting Driving Other On the phone | $\square$ Home <br> - Car | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ |  | Sad Neutral 0 Happy |
| 35 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | W Working I Resting I Driving Other On the phone | $\begin{aligned} & \text { B Home } \\ & \text { Car } \end{aligned}$ | a Work a Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| 36 | $\begin{array}{r} a m \\ -\mathrm{pm} \end{array}$ | W Working Resting $\square$ On the phone | $\begin{aligned} & \text { Q Home } \\ & \text { a Car } \end{aligned}$ | $\square$ Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\square$ | Sad Seutral 0 Happy |
| 37 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working $\square$ Resting <br> $\square$ Driving Other <br> O On the phone | $\begin{aligned} & \text { a Home } \\ & \text { Car } \end{aligned}$ | a Work O Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { a Yes } \\ & \mathrm{No} \end{aligned}$ | $\square$ | $\llcorner$ | Sad Neutral 0 Happy |

## DAY 2

DATE: $ـ$ - - - 2007

| 1. | 2. | While smoking: |  |  |  |  | When you reached for the cigarette: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 3. |  |  | 5. | 6. | 7. | 8. | 9. |
| Cig | Time | Doing while smoking | Location |  | Pace | Own Brand? | $\begin{gathered} \text { Craving } \\ 1-5 \end{gathered}$ | $\begin{gathered} \text { Activity } \\ 1-5 \end{gathered}$ | Mood |
| 1 | am pm | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| 2 | $\begin{array}{r} \mathrm{am} \\ \_\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { ■ Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | L | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 3 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | $\square$ Home $\square$ Car | - Work - Other | Hurried Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ |  | Sad I Neutral Happy |
| 4 | am pm | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad Neutral $\square$ Happy |
| 5 | $\begin{aligned} & \text { am } \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 6 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | $\square$ Home $\square$ Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ |  | Sad $\square$ Neutral $\square$ Happy |
| 7 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | $\square$ Home $\square$ Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { N No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 8 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> O On the phone | - Home <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { I Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |


| 9 | am <br> pm | Working Resting <br> $\square$ Driving Other <br> On the phone | Home <br> - Car | - Work $\square$ Other | $\square$ Hurried Normal | $\begin{aligned} & \text { I Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10 | $\mathrm{am}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | Work - Other | $\square$ Hurried $\square$ Normal | $\square$ Yes $\square$ No | $\square$ | - | $\square$ Sad $\square$ Neutral Happy |
| 11 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> O On the phone | C Home <br> - Car | Work $\square$ Other | $\square$ Hurried Normal | $\begin{aligned} & \text { I Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 12 | $\begin{aligned} & \text { am } \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | C Home <br> - Car | Work - Other | Hurried Normal | $\begin{aligned} & \text { ㅁ Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad Neutral Happy |
| 13 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral $\square$ Happy |
| 14 | $\begin{aligned} & \mathrm{am} \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> - Car | Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { - Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 15 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | - Home <br> $\square$ Car | Work <br> - Other | Hurried Normal | $\begin{aligned} & \text { I Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | - Sad <br> - Neutral <br> $\square$ Happy |
| 16 | $\begin{aligned} & \mathrm{am} \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> O On the phone | C Home <br> - Car | Work - Other | $\square$ Hurried - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { n No } \end{aligned}$ | $\square$ |  | $\square$ Sad Neutral Happy |
| 17 | am pm | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | C Home <br> - Car | Work - Other | $\square$ Hurried - Normal | $\begin{aligned} & \square \text { Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | + | $\square$ Sad Neutral Happy |
| 18 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \\ \hline \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> On the phone | - Home <br> - Car | Work - Other | $\square$ Hurried $\square$ Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |

DAY 2 (coninuea)

| 1. | 2. | While smoking: |  |  |  |  | When you reached for the cigarette: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 3. |  |  | 5. | 6. | 7. | 8. | 9. |
| Cig | Time | Doing while smoking | Location |  | Pace | Own Brand? | $\begin{gathered} \text { Craving } \\ 1-5 \end{gathered}$ | $\begin{gathered} \text { Activity } \\ 1-5 \end{gathered}$ | Mood |
| 19 | am pm | $\square$ Working Resting $\square$ Driving Other - On the phone | Bome <br> - Car | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | Sad Seutral $\square$ Happy |
| 20 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home | - Work $\square$ Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| 21 | $\begin{array}{r} \mathrm{am} \\ \mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home | - Work - Other | $\square$ Hurried Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 23 | $\begin{aligned} & \text { am } \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home | - Work - Other | $\square$ Hurried Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral Happy |
| 23 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 24 | $\begin{aligned} & \text { am } \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting $\square$ Driving Other $\square$ On the phone | Home | - Work $\square$ Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad a Neutral $\square$ Happy |
| 25 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting $\square$ Driving Other - On the phone | Home | - Work - Other | $\square$ Hurried Normal | $\begin{aligned} & \text { - Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |
| 26 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home | - Work $\square$ Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { a No } \end{aligned}$ | $\square$ | $\square$ | $\square$ Sad $\square$ Neutral $\square$ Happy |
| 27 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> On the phone | Home | - Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { - No } \end{aligned}$ | $\square$ | $\square$ | Sad $\square$ Neutral $\square$ Happy |


| 28 | am <br> pm | $\square$ Working Resting <br> $\square$ Driving Other <br> - On the phone | Home <br> - Car | Work <br> - Other | a Hurried | $\begin{aligned} & \text { Y Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 29 | am pm | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | $\square$ Work <br> O Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| 30 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> - On the phone | Home <br> - Car | Work <br> O Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| 31 | $\mathrm{am}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> - On the phone | Home <br> - Car | Work <br> O Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\pm$ | Sad Neutral Happy |
| 32 | $\begin{aligned} & \mathrm{am} \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | $\square$ Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \text { n No } \end{aligned}$ | $\square$ | $\square$ | Sad Neutral Happy |
| 33 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | $\square$ Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \square \text { Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\begin{aligned} & 1 \text { Sad } \\ & \text { Neutral } \\ & \text { Happy } \end{aligned}$ |
| 34 | $\begin{array}{r} \mathrm{am} \\ -\mathrm{pm} \end{array}$ | $\square$ Working Resting Driving Other On the phone | Home <br> - Car | Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\begin{aligned} & \text { Sad } \\ & \text { Neutral } \\ & \text { Happy } \end{aligned}$ |
| 35 | am pm | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | Work - Other | Hurried Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\begin{aligned} & 1 \text { Sad } \\ & 0 \text { Neutral } \\ & \text { Happy } \end{aligned}$ |
| 36 | $\begin{aligned} & \mathrm{am} \\ & \mathrm{pm} \end{aligned}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> $\square$ On the phone | Home <br> - Car | $\square$ Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { Y Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\begin{aligned} & 1 \text { Sad } \\ & \text { Neutral } \\ & \text { Happy } \end{aligned}$ |
| 37 | $\begin{array}{r} \mathrm{am} \\ \mathrm{pm} \end{array}$ | $\square$ Working Resting <br> $\square$ Driving Other <br> O On the phone | Home <br> - Car | $\square$ Work - Other | - Hurried <br> - Normal | $\begin{aligned} & \text { - Yes } \\ & \square \text { No } \end{aligned}$ | $\square$ | $\square$ | $\begin{aligned} & \square \text { Sad } \\ & \text { Neutral } \\ & \text { Happy } \end{aligned}$ |

If lost, refum to:

MEAL<br>1200 East Joppa Road, Suite (c)<br>Towson, Maryland 21286<br>Of call fill free: 1-866-264/0012

