**Cigarette Self-Monitoring Logs**

**The page below is designed to help you keep track of and gradually reduce your cigarette use. To use the log (1) cut along the dotted lines, (2) assemble the smoking self-monitoring logs in order of page number, (3) staple at the top, (4) record the date and time you begin smoking each cigarette, and (5) place the log behind the cellophane wrapper on the front of the cigarette box. Gradually try to increase the time between cigarettes and decrease the number of cigarettes smoked each day. As most packs of cigarettes contain 20 cigarettes, every two pages of this log will correspond to one pack of cigarettes.**

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**Cigarette Self-Monitoring Logs**

**The page below is designed to help you keep track of and gradually reduce your cigarette use. To use the log (1) cut along the dotted lines, (2) assemble the smoking self-monitoring logs in order of page number, (3) staple at the top, (4) record the date and time you begin smoking each cigarette, and (5) place the log behind the cellophane wrapper on the front of the cigarette box. Gradually try to increase the time between cigarettes and decrease the number of cigarettes smoked each day. As most packs of cigarettes contain 20 cigarettes, every two pages of this log will correspond to one pack of cigarettes.**

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