When do I USE commercial tobacco?

For the next few days, use the table to list every commercial tobacco product you use. Mark the level of urgency you felt and what your mood was when you wanted to smoke, chew, or vape. This is a good way to find out why and when you use commercial tobacco. Rate your need under the "Urgency" column—5 being most urgent, 1 being least urgent.

See example below:

Date	Time	Place	0	<u></u>	8	Urgency	
12/09 1 cig	8am	home w/ coffee		<u></u>		4	
Date	Time	Place	©	<u></u>	8	Urgency	
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Date	Time	Place	©	<u></u>	8	Urgency