

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	😊	😐	☹️	Urgency
12/09 1 cig	8am	home w/ coffee		😐		4

Date	Time	Place	😊	😐	☹️	Urgency

