



OnTrack® SMOKE-FREE
Identify when, where, and why you smoked

WHEN		YES	NO
<i>I smoked when I was feeling</i>	Lonely	___	___
	Isolated	___	___
	Ignored	___	___
	Bored	___	___
	Unhappy	___	___
	Stressed	___	___
	Insecure	___	___
	Awkward	___	___
	Uncomfortable	___	___
	Unimportant	___	___
	Other:_____	___	___

WHERE			
<i>I smoked too much</i>	In my car	___	___
	In front of the TV	___	___
	At meals or after meals	___	___
	At my desk	___	___
	At social events	___	___
	Outside office building	___	___
	Other:_____	___	___

WHY			
<i>I smoked whenever I needed</i>	Companionship	___	___
	A break in the routine	___	___
	Comfort	___	___
	Relaxation	___	___
	To control eating	___	___
	To be noticed	___	___
	To look occupied	___	___
	Having a drink	___	___
	Other:_____	___	___

*******BREAK PATTERNS*******

WHEN _____ **NEW OPTIONS** _____

WHERE _____ **NEW OPTIONS** _____

WHY _____ **NEW OPTIONS** _____