

Typical day & reasons for smoking

Time of day	Cigarettes smoked	Enjoyed 😊 Not enjoyed 😞 Not bothered 😐	Why did you smoke?
6am – 8am			
8am – 10am			
10am – 12pm			
12pm – 2pm			
2pm – 4pm			
4pm – 6pm			
6pm – 8pm			
8pm – 10pm			
10pm – 12am			
12am – 2am			
2am – 4am			
4am – 6am			