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## INSTRUCTIONS FOR USING PACK WRAPS

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Wrap the pack wrap around your pack of cigarettes and secure with a rubber band. Be sure to carry a pencil with you. BEFORE lighting up, unwrap the pack wrap and record:

- (1) the time of day
- (2) what you were doing that triggered the urge to smoke (activity)
- (3) what you are thinking or feeling that triggered the urge to smoke
- (4) Rate the need for the cigarette on a scale of 1 (least important) to 5 (most important)
  - 1 = *would not have missed it*
  - 2 = *less than average need*
  - 3 = *average need*
  - 4 = *stronger than average*
  - 5 = *can't do without*

We know that many people dislike keeping records, but feedback from the smokers we have worked with has been that keeping pack wraps is a very useful and enlightening experience!

Date: \_\_\_\_\_

Day: \_\_\_\_\_

	Time	Activity	Feeling	Need (1-5)
1	7 AM	Just woke, slept poorly	Edgy	5
2	7:30	Coffee, planning day	Gleppy	4
3	8:00	Telephone call	Angry	4
4	8:30	In car traffic	Irritated	3
5	9:00	STOP coffee	Relaxed	3
6	9:30	Wait for train	Bored	3
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