

Pivot Behavioral Health Nicotine Log

Instructions: Fill in the date of when you start this exercise. Wrap this daily log around your pack of cigarettes, e-cigarette pen, or chew can and secure it with a rubber band. When you are about to use, before you actually do, fill out a row. Each row is considered a **use**, for example, first cigarette, second cigarette, first time you vape—assuming one “time” = around 15 puffs or 10 minutes—second time you vape, etc. **Time of Day:** for example, 8AM. **Current Activity:** Place an “X” or checkmark under the activity you’re doing. **Current Emotion(s):** Place an “X” or checkmark that best describes your feeling(s). **Need Rating:** Circle or highlight how much you need that particular cigarette, pen, or chew: 1= “Weekly needed,” 2 = “Strongly needed,” and 3 = “Very strongly needed.”

Date: _____

Use #	Time	Current Activity						Current Emotion(s)								Need Rating		
		Food / Alcohol	Relax-ation	Work	Social	Driving	Other	Angry	Anxious	Bored	Sad / Down	Frustrat-ed	Happy	Relaxed	Tired			
1																1	2	3
2																1	2	3
3																1	2	3
4																1	2	3
5																1	2	3
6																1	2	3
7																1	2	3
8																1	2	3
9																1	2	3
10																1	2	3
11																1	2	3
12																1	2	3
13																1	2	3
14																1	2	3