









CIGARETTE	TIME	MOOD								WHAT YOU ARE DOING:
		happy 	sad or depressed 	relaxed 	bored 	anxious 	angry 	tired 	frustrated 	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

**NOTE:** At the end of each day, be sure to record your moods for the day on the Daily Mood Rating Form.