Phase 2 Following session 1, aim to delay smoking each cigarette and/or reduce total smoke intake by approx 10% per day or 50% overall by next session - smoke less of each cigarette, or simply light up less times

Date	**Time**	**Situation** - *What you're doing, where you are, who you're with*	**How you're feeling -** *Happy, sad, stressed, anxious etc*	**How much you need it -** *1 -not at all, 10 -gotta have it*	**How much you enjoyed it :** *1 -not at all, 10 -loved it*	**% of cigarette smoked or minutes delayed**