

# Pack Tracks

**To prepare the Pack Tracks for use:**

1. Cut along the gray dotted lines.
2. Fold along the blue solid lines.
3. Use one line to record each cigarette you smoke or each time you use tobacco.

**For every cigarette you smoke:**

4. Write down the Date, Time, Place and Activity.
5. Record how much you NEEDED the cigarette.
6. Check what your MOOD was when you lit up.
7. Later, add the cigarettes you recorded here into the Pack Tracks tool on [FreedomFromSmoking.org](http://FreedomFromSmoking.org).

American Lung Association®		
Date/Time/ Place/Activity	NEED	MOOD
	1 - High 2 - Med 3 - Low	
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American Lung Association®		
Date/Time/ Place/Activity	NEED	MOOD
	1 - High 2 - Med 3 - Low	
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