

Tobacco Diary



July 2001



Date:		
#	Time	Reason
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Don't be in a hurry to get off medicine		

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Avoid Alcohol		

Date:		
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Practice Deep Breathing		

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Cravings Will Eventually Disappear		

Date:		
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Quit With A Friend		

Date:		
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Change Your Daily Routine		

Date:		
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Reward Yourself		