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| **DAY 1 - CIGARETTES SMOKED** | | |  |  |  |  |
| DATE: |  |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |  |
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| **DAY2-CIGARETTES SMOKED** | | |  |  |  |  |  |  |
| DATE: |  |  |  |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |  |  |  |
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| **DAY** | **3-CIGARETTES SMOKED** | |  |  |  |
| DATE |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |
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| **CIGARETTES ELIMINATED** | | |  |  |  |
| NO. | TIME | Place & With Whom | Weapons Used | E or D | Comments |
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| **DAY 4-CIGARETTES SMOKED** | | |  |  |  |
| DATE: |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |
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| **CIGARETTES ELIMINATED** | | |  |  |  |
| NO. | TIME | Place & With Whom | Weapons Used | E or D | Comments |
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| **DAY 5-CIGARETTES SMOKED** | | |  |  |  |
| DATE: |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |
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| **CIGARETTES ELIMINATED** | | |  |  |  |
| NO. | TIME | Place & With Whom | Weapons Used | E or D | Comments |
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| **DAY 6-CIGARETTES SMOKED** | | |  |  |  |
| DATE: |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |
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| **CIGARETTES ELIMINATED** | | |  |  |  |
| NO. | TIME | Place & With Whom | Weapons Used | E or D | Comments |
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| **DAY 7- CIGARETTES SMOKED** | | |  |  |  |
| DATE: |  |  |  |  |  |
| NO. | TIME | Place & With Whom | Reason for Smoking | E or D | Weapon to Use |
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| **CIGARETTES ELIMINATED** | | |  |  |  |
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