

Progress Chart

Keeps track of cigarettes over the 3 weeks.

NAME	STARTING AVERAGE	M	T	W	T	F	S	S	TOTAL	M	T	W	T	F	S	S	TOTAL	M	T	W	T	F	S	S	TOTAL	

How to use this chart

- 1) Fill out each individuals name an average daily cigarets smoked
- 2) Ask them to make a note of their cigarettes smoked each day
- 3) Each time you have a check-in, fill out this chart to correspond to their record.
- 4) Discuss their progress and refer back to their handbook for extra guidance.

Things to remember

Remember, people often smoke more on the weekends, so when you define their initial daily average take this into consideration. Take check-ins as an opportunity to talk about triggers. What made them want to smoke on days when the numbers were higher and what types of strategies did they use on the days when the numbers were lower. Encourage progress over perfection, this is a journey, so it's important to highlight the small wins.

