

Appendix B

Daily Reduction 'Cards'

Use the 'cards' printed on this page and the next page to record every cigarette, or part of a cigarette, you smoke during the Programme. It is recommended that you photocopy the page and cut out the cards with a pair of scissors. Please use a new card each day to cover a 24-hour period. The 9 cards will last until your D-Day. Keep each card inside your cigarette packet and remember to record every cigarette you smoke. Write your total for every 24-hour period on your Progress Chart.

DAY 1 a.m. NURD p.m.		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 2 a.m. NURD p.m.		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 3
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 4
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 5
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 6
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 7
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 8
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		

DAY 9
a.m. NURD p.m.

12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-10		
10-11		
11-12		