



Week 12: Focus on Helping Others:

Reflection: What changes have you noticed since you quit smoking? List any symptoms and talk about them with your practitioner:

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Now you have finished the programme what would you tell someone else about the service and your journey?

Thoughts about 12 weeks and beyond

Write down any worries about what might happen after you finish the 12-week programme. Try to think of ways to stay smoke-free. If you're not sure, ask the person helping you with this program.

Thoughts	What will I do to remove the concern and not start smoking



Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	