

Do You Smoke?

If you do, fill this out and give it to your provider. It will help your provider better understand your health needs.

1. How many cigarettes do you smoke each day?

- 1 to 10 More than 10 I do not smoke every day

2. How soon after waking do you smoke your first cigarette?

- 30 minutes or less after waking
 More than 30 minutes after waking
 I do not smoke every day

Note to Providers: Use the Tobacco Treatment Guide for prescribing recommendations.

Adapted from Heatherton TF; Kozlowski LT; Frecker RC; Rickert W; Robinson J. Measuring the Heaviness of Smoking: Using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *Br J Addict* 1989;84(7):791-799.