**Autorregistro de consumo**

**¿Cuánto y por qué fumo?**

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| **Nº de cigarrillo** | **Hora** | **Motivo** | **Situación** | **Alternativa** |
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**Motivo**

Rutina (R), aburrimiento (AB), Social (S), Premio (P), Abstinencia (A), relajación/placer (PL), Estrés (E).