

**Example of diary page**

**Diary** (untuk 2 minggu) (*for two weeks*)

**Start Date:** \_\_\_\_\_

Tarikh	Jumlah rokok yang dihisap <i>Number of cig. smoked</i>	Jumlah ubat yang Diambil <i>Amount of medication taken</i>	Sebab –sebab saya kembali menghisap rokok <i>Reasons why I relapse to smoking</i>
Isnin ( <i>Monday</i> )			
Selasa ( <i>Tuesday</i> )			
Rabu ( <i>Wednesday</i> )			
Khamis ( <i>Thursday</i> )			
Jumaat ( <i>Friday</i> )			
Sabtu ( <i>Saturday</i> )			
Ahad ( <i>Sunday</i> )			
Isnin ( <i>Monday</i> )			
Selasa ( <i>Tuesday</i> )			
Rabu ( <i>Wednesday</i> )			
Khamis ( <i>Thursday</i> )			
Jumaat ( <i>Friday</i> )			
Isnin ( <i>Monday</i> )			
Selasa ( <i>Tuesday</i> )			
Rabu ( <i>Wednesday</i> )			
Khamis ( <i>Thursday</i> )			
Jumaat ( <i>Friday</i> )			
Sabtu ( <i>Saturday</i> )			
Ahad ( <i>Sunday</i> )			
Isnin ( <i>Monday</i> )			
Selasa ( <i>Tuesday</i> )			
Rabu ( <i>Wednesday</i> )			
Khamis ( <i>Thursday</i> )			
Jumaat ( <i>Friday</i> )			