Day of the Week (circle)		: M	T	W	T	F	S	S		Date:		
Da	ys of Experiment:	1	2	3	4	5	6	7	8	9	10	
(cr	oss off completed days)	11	12	13	14	15	16					
1.	How successful were eat/drink what you	-	_		rainin	g from	the to	empta	ition to	o use, 1	take part in or	
2.	If you were successf the influence of the			_						_		
3.	If you failed, what the influence of environ etc) that may have in	ment	you v	vere in	-	_	_		_			
4.	How does your succ	ess o	r failu	re mal	ce you	feel?						
5.	What can you do to to support you?	be mo	ore su	ccessf	ul tom	orrow	? Are	there	people	e you o	can ask for help	

Day of the Week (circle):		M	T	W	T	F	S	S	Date:		
Day of Experiment: 1 (circle) 11		2	3	4	5	6	7	8	9	10	
		12	13	14	15 16						
6. How successful w eat/drink what yo	-	-		rainin	g from	the to	empta 	tion to	o use, 1	take part in or	
7. If you were succesthe influence of the			_						_		
 If you failed, what influence of envir- etc) that may have 	onment	you v	vere in	-	_	_		_			
. How does your su											
	iccess o	r failu	re mal	ke you	feel?						
	iccess o	r failu	re mal	ke you	feel?						
	iccess o	r failu	re mal	ke you	feel?						
.0. What can you o	do to be					ow? A	re the	ere pec	ople yo	ou can ask for	
•	do to be					ow? A	re the	ere pec	ople yo	ou can ask for	
•	do to be					ow? A	re the	ere pec	ople yo	ou can ask for	

ay of the Week (circl	e):	M	T	W	T	F	S	S	Dat	e:
ay of Experiment:	1	2	3	4	5	6	7	8	9	10
circle)	11	12	13	14	15	16				
1. How successful eat/drink what you	_		-	refrai	ning fr	om th	e tem	ptatio	n to us	se, take part in o
2. If you were succ Consider the influe with etc)			_							-
3. If you failed, wh influence of enviro etc) that may have	nment	you v	vere ir			_		-	-	
4. How does your	succes	s or fa	ilure 1	make y	ou fee	el?				
5. What can you do		more	succe	ssful t	omorr	ow? A	re the	ere pe	ople yo	ou can ask for

Day of the Week (circl	e):	M	T	W	T	F	S	S	Date	2:
Day of Experiment:	1	2	3	4	5	6	7	8	9	10
(circle)	11	12	13	14	15	16				
16. How successful eat/drink what you	-		-	refrai	ning fr	om th	e tem	ptation	n to us	e, take part in or
17. If you were succ Consider the influe with etc)			_							_
18. If you failed, wh influence of envirogetc) that may have	nment	you w	vere in	-		_		_		
19. How does your	succes	s or fa	ilure r	nake y	ou fee	el?				
20. What can you do help to support you		more	succe	ssful t	omorr	ow? A	re the	ere pec	ople yo	ou can ask for