

The Moment Log

The cigar is the constant. Everything around it is the variable.

BLEND

VITOLA

DATE

TIME

PLACE

WEATHER

BEFORE YOU LIGHT

Where	☐ Indoor	☐ Outdoor	☐ Covered outdoor						
Setting	☐ Home	☐ Garden / patio	☐ Lounge	☐ Bar	☐ Restaurant	☐ Travel	☐ Event	Other	
Company	☐ Solo	☐ With one	☐ Small group	☐ Event					
Mood	☐ Calm	☐ Celebratory	☐ Content	☐ Relaxed	☐ Reflective	☐ Inspired	☐ Hopeful	☐ Proud	☐ Curious
	☐ Focused	☐ Energised	☐ Grateful	☐ Restless	☐ Stressed	☐ Tired	☐ Melancholic	☐ Frustrated	
	Other								
Energy	☐ Low	☐ Medium	☐ High	Stress	☐ Low	☐ Medium	☐ High		
Sleep	☐ Poor	☐ OK	☐ Good	Time pressure	☐ Open clock	☐ Soft limit	☐ Hard stop		
Hunger	☐ Empty	☐ Light	Caffeine today	☐ None	☐ Some	Alcohol so far	☐ None	☐ 1 drink	
	☐ Full	☐ Just ate		☐ A lot			☐ 2+		

WHY THIS CIGAR, NOW

Intent	☐ Daily ritual	☐ Celebration	☐ Quiet time	☐ Social	☐ Exploration	☐ Gift opening	☐ Re-test	
	☐ Default pick							Other
This blend is	☐ First time	☐ Repeat		Expectation	☐ High	☐ Neutral	☐ Skeptical	
	☐ Returning after a break							

HANDLING

It came from	☐ Own humidor	☐ Traveled	Rest before light	☐ < 1 day	☐ Few days	Cut	☐ Guillotine	☐ V-cut	Light	☐ Cedar spill	☐ Soft butane
	☐ Store	Other	☐ Weeks	☐ Months+		☐ Punch	☐ Bite		☐ Jet butane	☐ Match	
Pre-light note											

WHAT'S BESIDE YOUR CIGAR

Drink ☐ Water ☐ Coffee ☐ Tea ☐ Whisky ☐ Bourbon ☐ Rum ☐ Cognac ☐ Wine ☐ Beer ☐ None

Specifics (bottle, roast, vintage ...)

Food ☐ None ☐ Before ☐ During ☐ After

What exactly

WHILE IT BURNS – DID YOUR MOOD MOVE?

	FIRST THIRD	MIDDLE	FINAL THIRD
Lifted	☐	☐	☐
Steady	☐	☐	☐
Settled	☐	☐	☐
Soured	☐	☐	☐

Mark one dot per column, then connect them – that line is the shape of the smoke.

Overall ☐ Lifted ☐ Steady ☐ Settled ☐ Soured

THE FLAVORS – THE PROMISE, AND WHAT YOU MET

Read the blend's smoke description first. Tick the notes you found at each stage, then write what else showed up.

First impression

Cold draw

Smoke

and beyond:

and beyond:

and beyond:



THE GEC FLAVOR WHEEL – CIRCLE WHAT YOU MET

Start at the centre ring, work outward. Circle whatever you recognise – one descriptor or a dozen.

OFF-NOTES WORTH A SECOND LOOK

Cardboard · Stale · Musty · Moldy (Earth)
Rubber · Tar · Sulfur · Medicine · Bitter · Ammonia (Chemical)
Manure · Stable (Animal)

What else?

BY THIRDS

FIRST THIRD

Draw ☐ Tight ☐ Perfect
☐ Loose

Burn ☐ Even ☐ Slightly off
☐ Needs correction

Strength ☐ Mild ☐ Medium
☐ Med-full ☐ Full

Surprise

Smoke arc

☐ Built ☐ Steady
☐ Dropped ☐ All over

Strength

☐ Mild ☐ Medium
☐ Med-full ☐ Full
☐ Overpowering

Draw overall

☐ Tight ☐ Perfect
☐ Loose

FINAL THIRD

Draw ☐ Tight ☐ Perfect
☐ Loose

Burn ☐ Even ☐ Slightly off
☐ Needs correction

Held up ☐ Yes ☐ Mostly
☐ Faded ☐ Got worse

Surprise

Burn overall

☐ Even ☐ Some issues
☐ Multiple issues

AFTER

Smoked to ☐ Full to band ☐ Past midpoint ☐ Why it ended ☐ Finished it ☐ I decided to stop
☐ Halfway ☐ Less ☐ Got bitter ☐ Got harsh
☐ Burn issue ☐ Time
☐ Interrupted

Verdict ☐ Smoke again, this context ☐ Smoke again, different context ☐ Wouldn't smoke again ☐ Undecided

Rating ☆ ☆ ☆ ☆ ☆ IN A WEEK – ☐ Still thinking about it ☐ Want another ☐ Will fade ☐ Glad it's over

Standout moment

YOUR EXPERIENCE, IN ONE SENTENCE

WHERE DID THIS CIGAR TAKE YOU?