

ready to
change
your way to better health



Stopping Smoking Diary



This smoking diary can be used to help track your smoking cravings and smoke free days. Once you've filled out this diary, you can look back and see if there are certain things that trigger cravings or any slip ups, and any strategies that may have helped you resist your cravings.

You can also use this diary to see how your craving strength might be changing over the weeks as you get better at resisting them.

You may like to print this diary off and fill it in, or you can use it as an example and make your own.

