



## 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.

Date	Smokefree day	Strongest craving	Strongest craving strength of the day*	Possible trigger for strongest craving or slip-up	What did you do to reduce craving?	How helpful were these strategies? (Rate from 1 to 5 - 5 being very good)?	What could you do differently next time