

your cravings tracker

Over the next week, record any times when you have a desire to smoke or think about smoking cigarettes. Record the date, the situation, the intensity of the craving, and what you did to manage the craving. No craving is too small to record! So, even if it's just a fleeting thought about smoking, be sure to write it down.

| date & time | place & situation (include your thoughts & feelings) | Intensity of desire to smoke (0-100) | coping strategies tried in this situation? |
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