

TOBACCO TRACKER

Use this tracker to record when you smoke or use tobacco and what is happening at the time. Understanding when and why you smoke will help you to control the urges that tempt you when you quit.

Make a copy of this tracker and keep it with you. For at least a few days, record when you use tobacco and make sure you include both weekdays and weekends.

Craving Level: 0 = None 1= A little 2 = Some 3 = A lot

CIGARETTE/ TOBACCO NUMBER	TIME	WHAT WAS MY CRAVING LEVEL	WHAT I WAS DOING	WHO WAS I WITH	HOW WAS I FEELING
1 (Example)	8:00	3	Driving to Work	Alone	Stressed
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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14					
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17					
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20					