

# Track your cravings

Note and review the moments when you crave a cigarette. Over time, you'll learn about your smoking triggers, which, in turn, can help you prepare to fight your urge to smoke.

## WEEK ONE

Date/Time	How intense was the craving (on a scale of 1–10)?	What were you doing and who were you with?	How were you feeling/ what was your mood?	What did you do to help cope with the craving?

## WEEK TWO

Date/Time	How intense was the craving (on a scale of 1–10)?	What were you doing and who were you with?	How were you feeling/ what was your mood?	What did you do to help cope with the craving?

## WEEK THREE

Date/Time	How intense was the craving (on a scale of 1–10)?	What were you doing and who were you with?	How were you feeling/ what was your mood?	What did you do to help cope with the craving?

## WEEK FOUR

Date/Time	How intense was the craving (on a scale of 1–10)?	What were you doing and who were you with?	How were you feeling/ what was your mood?	What did you do to help cope with the craving?



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