

My Quit Journal

A quit journal can help you track your progress while you are quitting smoking.

Check for patterns. You may find triggers you aren't even aware of. Understanding what tempts you to smoke will help you control the craving to smoke before it hits. Writing in the journal will also keep you busy as you fight a craving.

You can write in the journal in this booklet or make your own. Keep your journal with you so you can easily use it. Be sure to record the time you have a craving to smoke, where you are, what you are doing, and what you are thinking or feeling. Rate how much you want the cigarette each time you have a craving.

Quit Journal

Days Since I Quit	Craving Level	Time of Day	What I Was Doing...	Who I Was With...	My Mood...
Example	3	10:45	At work	Alone	Stressed
1					
2					
3					
4					
5 --					
20					

0 = None 1 = Just a little 2 = Some 3 = A lot

Try this activity for at least a few days, making sure to record 1 day during the week and 1 day on the weekend. You may even find that the time you take to complete the journal helps you smoke less.