

Cravings and smoking diary

Use this diary to monitor your cigarette cravings after you have quit, or if you are cutting down. Make sure you record any cigarettes you smoke, even if you smoked them without having cravings first.

Indicate your response to cravings on the following scale:

CIGARETTE CRAVINGS SCALE

- 1** SMOKED WITHOUT THINKING
- 1** RESISTED EASILY
- 2** RESISTED WITH DIFFICULTY
- 3** RESISTED, BUT ONLY JUST
- 4** SMOKED AFTER RESISTING
- 5** SMOKED WITHOUT RESISTING
- 6** SMOKED WITHOUT PRIOR CRAVING

CRAVINGS AND SMOKING DIARY

Date: _____

[illegible]