

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

TIME	OCCASION/ACTIVITY	FEELING/MOOD	ACTION	IF RESISTED: HOW?
2.pm	Just had lunch – having coffee	OK	2	Reviewed quit reasons
4pm	Kids home from school	Very rushed	5	