

Smoking Diary / Cravings Tally Sheet



It can be quite daunting trying to quit smoking if you don't know exactly where to start. The first step can be to keep a diary. This will help give you a snapshot of your smoking habit.

Take the time to write down each cigarette that you either smoke, or just crave for over the next few days. It is important to record the time of day, what you are doing at that time, how you are feeling and also give the craving a value (1 = Not that important, 5 = I really needed a cigarette).

At the end of the day have a look to see if any patterns are starting to form, such as: certain times of the days, maybe every time you feel bored or a particular activity or situation is triggering a craving. Once you have identified what is triggering your smoking, it can make it a bit easier to plan and put strategies in place to help overcome these cravings.

	Time	Activity / Situation	Feeling / Mood	Value	What I did	What I could have done
	4pm	Kids came home from school	Very rushed	3	Went for a walk	
	6pm	Drinks after work	Stressed from work	4	Smoked	Drank water, talked to friend
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						