Cigarette Craving Journal

As you probably know, quitting smoking is difficult for many people. Use this craving journal to help you identify times of the day, activities, and/or moods or feelings that trigger your personal cigarette cravings. Learning more about your cigarette craving triggers can make it easier to anticipate cravings and deal with the urge to smoke and can help keep you on the path to quit smoking for good.

Craving Levels: **1**–small desire to smoke **3**–strong desire to smoke **5**–intense desire to smoke

Today's Date: _____ Date of Last Cigarette: _____

TIME OF DAY	CRAVING LEVEL (1–5)	ACTIVITY	ALONE OR WITH WHOM?	FEELINGS