

Craving & Use Tracker

Use this tracker to record when you smoke or vape and what is happening at the time. Understanding when and why you smoke will help you to control the urges that tempt you during your quitting process. Additional copies of this tracker are available on WesWell's website. Keep this tracker with you. For at least a few days, record when you use tobacco/vape products and make sure you include both weekdays and weekends.

Craving Level:	<i>0=None</i>	<i>1=A little</i>	<i>2=Some</i>	<i>3=A lot</i>
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Use Number	Time	Craving Level	What I Was Doing	Who I Was With	How I Was Feeling
1 (Example)	8:00AM	3	Walking to class	Alone	Stressed
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

