

# QuitSTART Daily Tracker

Today's Date:

My Quit Date Was:

Total # of Days Smokefree

## My Triggers Today

Seeing someone else smoke

Drinking coffee

Feeling bored

Finishing a meal

Cooling off after a fight

Hanging out before or after school

Feeling lonely

Taking a work or study break

Listening to music

Being with other smokers

## My Moods Today (circle all that apply to you)

Angry

Happy

Sad

Blah

Relaxed

Nervous

Stressed

OK

## My Journal

My Cravings Today:

1 = min / 8 = max

1

2

3

4

5

6

7

8

Number of Cravings

1 = min / 8 = max

1

2

3

4

5

6

7

8