

Quitting Smoking During and After Pregnancy: Tracking Sheet

Keeping track of your tobacco use is an important step in making a change. Learning why and when you use tobacco will help you understand your situation better and improve your chances of making a change. Use the tracking sheet below or make your own. Review your tracking sheet and note the number of times you used tobacco when you didn't really need to. Look for moods, people, or places that trigger you to want to smoke or chew tobacco. Work on trying different ways to deal with cravings and temptations.

Cigarette	Date/Time	Craving Intensity 1 (weak) - 5 (strong)	What I was Feeling or Doing
1			
2			
3			
4			
5			
6			
7			
8			
9			

Please visit www.MyHealth.Alberta.ca and search "Quitting Smoking During and After Pregnancy" for more information.