UNDERSTAND YOUR BEHAVIOUR: TRACK YOUR SMOKING AND VAPING

Smoking or vaping can become so routine that you stop noticing how often you are doing it. Without thinking, daily habits, routines and activities can trigger the urge to smoke or vape. Try tracking each time you smoke or vape for a couple of days. This can help you to better understand how much time you spend smoking or vaping, how often you smoke/vape, and how you are feeling when you pick up the cigarette or vape.

Use the Tally Sheet to record when and where you are smoking or vaping for few days. See if you notice any patterns in your behaviour.

What did you learn? When do you smoke the most, and the least? What can you do to change these patterns?

Time & Date	Cig/vape session#	Craving level from 1-3	Mood (ie: sad, happy)	Activity (what you are doing, who you are with)