Tobacco Cessation Toolkit

Tobacco Tracker

Cut out the tobacco tracker, wrap it around your cigarette package or tobacco container and attach it with a rubberband. Every time you use tobacco, mark the date, time, situation and your mood. Use a rating of 1–5 (1 to indicate the least urge and 5 to indicate the strongest) to record the strength of your urge.

Date	Time	Rating (1-5)	Situation What are you doing? Who are you with? Are you eating or drinking?	Mood ☺😐☹