



QUIT DIARY

Keep track of your progress every day by filling out the QUIT diary. Mark down how many days you have been smoke-free, rate the strength of your cravings and the strength of any side-effects you may be experiencing. Record what was happening when you were having your cravings and the coping strategy used to overcome them. If you have any lapses, it is important to record them so that you can learn when and why they happened. The diary will show you the situations that you are having trouble with and how you avoided them. It will also show you when cravings and side effects start to go away.

QUIT Day	CRAVINGS scale 1-5	SIDE EFFECTS scale 1-5	# of LAPSES	NOTES	COPING STRATEGY
1					
2					
3					
4					
5					
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Adapted with permission from Health Canada: www.hc-sc.gc.ca

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