

Keeping a Record

Tools for identifying your tobacco triggers

The National Cancer Institute (NCI) and the American Lung Association have created tools to make keeping a record of tobacco use easier. Try one of these resources to help keep track of your tobacco use and identify your tobacco triggers.

- National Cancer Institute's *Craving Journal* can be copied from page 11 of the [Clearing the Air: Quit Smoking Today](#) booklet.¹ Make a copy of the journal page for as many days as you would like to keep a record. This journal will give you a place to write down the following information for every cigarette you smoke: date, time of day, where you were, what you were doing, who was with you, and your level of craving (1=just a little; 2=some; 3=a lot).

If you use other forms of tobacco, just substitute chew, dip, snuff, cigar, etc. for "cigarette number."

- American Lung Association's [Pack Tracks](#) can be copied from the "Module 2: Triggers" section of the on-line *Freedom from Smoking* program along with the [directions for use](#). You can also set up a free account online to have access to all the [Freedom from Smoking](#) materials. The *Pack Tracks* are sized to fit on a pack of cigarettes. (You'll need to set up a free account online to have access to the materials.) There are nine pack tracks on each page. Copy enough pack track cards to place one on each pack of cigarettes you will have over the next three days to two weeks (depending how long you plan to keep record). If you use other forms of tobacco, the pack tracks are a great size to put in your back pocket, wallet, purse, or on your car's dashboard or console. The *Pack Tracks* give you a place to write down and check off: 20 uses of tobacco per day, time of day, your felt need for the tobacco (? , yes, or YES), your mood at each use (identified by checking happy face, "blah" face, or unhappy face).

- If you identify your tobacco use with mostly happy faces, you most likely use tobacco to relax, feel good, and enjoy good times. Think about where and when you use tobacco and who is with you at these times.



- If you identify your tobacco use with mostly "blah" faces, you most likely use tobacco out of boredom or habit. Think about where and when you are when you use tobacco and check the "blah" face.



- If you identify your tobacco use with mostly unhappy faces, you most likely use tobacco when you are tense, angry, or upset. Think about why, when, and where you use tobacco under these circumstances.²



Sources:

1. National Cancer Institute & United States Department of Health and Human Services (2005). *Clearing the air: Quit smoking today*. Retrieved March 9, 2005. From http://www.smokefree.gov/pubs/clearing_the-air.pdf.
2. American Lung Association (2004). *Plan ahead – part 1*. Retrieved March 28, 2005. From <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=40400>.