



## Your Daily Diary to Crush the Crave

It is a tool to assist you in your tobacco cessation journey. This diary will help you track periods of time and places connected with your smoking and, in doing so, prepares you to quit the urge to smoke.

### Instructions for Filling in Your Daily Diary

- First column: Record the time at which you smoke each cigarette.
- Second column: Describe your activity, i.e. what you do while smoking that cigarette.
- Third column: Rate your need for smoking on a scale of 1 to 3: 1 indicates a desperate need to smoke; 3 indicates that you smoke by habit, without thinking about it, and 2 indicates somewhere in between. (See the sample entries below, to understand how to fill in the diary.)

Time	Activity (type, place)	Rating (1–3)
7 a.m.	Waking up	1
1 p.m.	After lunch	3
6 p.m.	Driving home	2

Do not wait until the end of the day to fill in your diary! Always make an entry in the diary before you smoke a cigarette. This will help you track the number of cigarettes you smoke and the reasons for the same.

Talk to your Dentist about the challenges you face in your tobacco cessation journey.

Adapted from: Quit Smoking Guide, American Academy of Family Physicians. Available at: [https://www.aafp.org/dam/AAFP/documents/patient\\_care/tobacco/stop-smoking-guide.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/stop-smoking-guide.pdf). Accessed on: 14 Mar 2019.