Craving Log & Quit Plan

Write down each craving. Knowing your triggers is how you get ahead of them.

Date	Time	Where / with who	Trigger	Strength 1–10	What I did instead	Did it pass?

How to use it

- Most cravings peak and fade within minutes. Write the time down and check it afterwards.
- Look for repeats in "Trigger": a time of day, a place, a feeling.
- Plan one replacement for each top trigger before it happens. Free support: 1-800-QUIT-NOW (US).



CraveBreaker, free on the App Store. Scan the code to get it.

CraveBreaker gives you something useful to do the moment a craving hits, and tracks your quit journey privately.

Free printable from Honest Little Apps · honest-little-tools.simpletonfacts.workers.dev/printables/ · Personal and classroom use welcome.