

# Tracking journal

Knowing when and why you do something are keys to success when changing behavior. A tobacco use journal can help you better understand your triggers and times you feel compelled to use tobacco. Keep this journal. You will learn more about your cravings and urges.

Date	Time	Craving Level 0 - none, 1 - a little 2 - some, 3 - alot	Activity	Feelings
Example	7 a.m.	3	Waking up, getting ready for work	Rushed, running late

Date	Time	Craving Level 0 - none, 1 - a little 2 - some, 3 - alot	Activity	Feelings

**Resources to help you quit**

**(800) QUIT NOW (784-8669)**  
**Gundersen Health System tobacco cessation programs**  
 (800) 362-9567 ext 55442  
 email: [wellness@gundersenhealth.org](mailto:wellness@gundersenhealth.org)  
[gundersenhealth.org/wellness](http://gundersenhealth.org/wellness)  
**Wisconsin Tobacco Control**  
[tobwis.org](http://tobwis.org)  
**UW-Center for Tobacco Research and Intervention**  
[ctri.wisc.edu](http://ctri.wisc.edu)  
**USPHS Guideline and materials**  
[Surgeongeneral.gov/tobacco](http://Surgeongeneral.gov/tobacco)  
**Smokefree.gov**