My Quit Trigger Tracker

Becoming aware of what triggers your cravings helps you anticipate and cope with them. Here's some steps to help you do that.

1. Print

Keep your Trigger Tracker with you because you never know when a craving will strike.

2. What's Your Why?

Your reason for quitting is a powerful reminder to stay motivated.

3. Know Your Distractions

Keep your mind off cravings. Here's a list with some ideas. Add your own in the spaces below.

Text a friend	Breathe deeply		
Take a walk	Drink a glass of water		
Listen to a song	Go online		
Go to a movie	Enjoy a healthy snack		

4. Track Your Triggers

Identify the moments when you feel a craving and write down how you respond.

Your Triggers	Where Are You?	Who Are You With?	What Are You Feeling?	What Did You Do?
Example: After Dinner	A restaurant	My best friends	Restless	Took a Nicorette gum