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.

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<tbody>
<tr>
<td>Example: After Dinner</td>
<td>A restaurant</td>
<td>My best friends</td>
<td>Restless</td>
<td>Took a Nicorette gum</td>
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