Free Printable

Quit Smoking Tracker

Smoke-free days counter with money saved and cravings log for a quit attempt

Inside this PDF
Smoke-free days counter with money saved
Daily cravings log to spot your triggers
Your quit plan and reasons to quit on one page
Prints on Letter or A4 - free for personal use

styleyouritems.com

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Quit Smoking Tracker - Month 1

Month: _____ Year: _____

Tick Smoke-free on every day you did not smoke. Write how many cigarettes you did NOT smoke and the money that saved. Cravings: write how many cravings you had and what helped.

Date	Smoke-free	Cigarettes not smoked	Money saved	Cravings	What helped / Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Smoke-free days this month: _____ / 31 Money saved this month: $ _____

Quit Smoking Tracker - Month 2

Month: _____ Year: _____

Tick Smoke-free on every day you did not smoke. Write how many cigarettes you did NOT smoke and the money that saved. Cravings: write how many cravings you had and what helped.

Date	Smoke-free	Cigarettes not smoked	Money saved	Cravings	What helped / Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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26					
27					
28					
29					
30					
31					

Smoke-free days this month: _____ / 31 Money saved this month: $ _____

Quit Smoking Tracker - Month 3

Month: _____ Year: _____

Tick Smoke-free on every day you did not smoke. Write how many cigarettes you did NOT smoke and the money that saved. Cravings: write how many cravings you had and what helped.

Date	Smoke-free	Cigarettes not smoked	Money saved	Cravings	What helped / Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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27					
28					
29					
30					
31					

Smoke-free days this month: _____ / 31 Money saved this month: $ _____

My Quit Plan

Quit date: _____

Cigarettes per day before quitting: _____ Price per pack: $ _____ Money saved per day: $ _____

My reasons to quit

When a craving hits, I will

Drink a glass of water	
Go for a short walk	
Chew gum or a mint	
Call or text someone	

My milestones - and my reward

Milestone	Date reached	My reward
1 smoke-free day		
1 smoke-free week		
1 smoke-free month		
3 smoke-free months		
6 smoke-free months		
1 smoke-free year		

Person I can call when it gets hard: _____ Phone: _____