



Craving Log and Plan

Write your plan while you feel clear, then log each craving to spot your patterns. Your next craving does not need to win.

MY PLAN FOR WHEN A CRAVING HITS

My top triggers

Three things I will do instead

Who I will text or call

Why I am quitting

CRAVING LOG

Date and time	Where / who with	Trigger	Strength (1-5)	What I did	Did it pass?

Free iPhone app: CraveBreaker: Quit Vaping

Have a plan ready when a vaping craving hits. Free craving support: a 90-second reset, a craving timer and trigger tracking. Private and offline.

Not medical advice. For quit support in the US, call 1-800-QUIT-NOW, or ask your doctor or pharmacist.

