


Quit Smoking Journal



A 30-Day Guided Journal



Hybrid



Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Check off each smoke-free day and rate your cravings, mood, stress, energy, and sleep
 - Write daily reflections about triggers, coping strategies, and what helped you stay strong
 - Review past entries to see patterns, track improvements, and stay motivated



Scan for a detailed guide on how to use this journal

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Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Stress level (1-10): 1 2 3 4 5 6 7 8 9 10

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