

Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N







Time of use or craving	Tobacco used (amount/ type)	Activity at the time	Difficulty to resist (1-10, 10 being the most difficult)	Trigger or emotion	Coping strategy used	Did the coping strategy help? Y/N



