



Use this form to keep a record of your progress each month. In the notes section, write whatever is useful for you, as shown in the sample line.

Personal Progress Tracker for the Month of _____ 20____

Day	Number of Cigarettes Smoked	Things That Gave You the Urge to Smoke (Smoking Triggers)	Things That Helped You Get Over the Urge to Smoke (Coping Strategies That Worked)	Notes
X	5	Stress at home	Working out at health club	2 days until quit date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				





(continued)

Personal Progress Tracker for the Month of _____ 20____

Day	Number of Cigarettes Smoked	Things That Gave You the Urge to Smoke (Smoking Triggers)	Things That Helped You Get Over the Urge to Smoke (Coping Strategies That Worked)	Notes
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				