

Weekly log

Week of _____

Day	Cigarettes one mark each	Vaping per session or pod	Pouches one mark each	Drinks one mark each	Craving let pass one mark each time	Tricky moment when, where, what did you do?
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						
Total						

Only fill in the columns that apply to you. Change nothing in the first week: look first.

Made with **Ebbly** · ebbly.nl

How to fill it in

Example and tips

Example

Day	Vaping	Drinks	Craving let pass	Tricky moment
Mon	 			After dinner, on the couch. Went for a short walk.
Fri	 			Drinks with colleagues: wanted to vape with every drink.
Sat				Morning coffee. Had a glass of water, it faded.

Tips

- Make the mark right away, not at the end of the day. Looking back, you almost always guess too low.
- A craving you let pass counts just as much. It shows you that cravings pass.
- A few words for a tricky moment is enough: when, where, and what you did.
- After a week: add up each day and look at which moments keep coming back. That is where a small change makes the biggest difference.

Prefer your phone?

Ebbly does the same in one tap, even from your home screen, and adds up your weeks for you. Logging is always free, no account. Search for “Ebbly” in the App Store.