

Craving & Trigger Log

Log the time, not just the craving – the timestamp is what turns into a plan.

DATE _____ DAY M T W T F S S
○ ○ ○ ○ ○ ○ ○

PRINT ONE PER DAY

TIME	WHAT WAS HAPPENING	INTENSITY	WHAT I DID	PASSED
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐
		1 2 3 4 5 ○ ○ ○ ○ ○		☐

END OF DAY

CRAVINGS LOGGED _____

RESISTED _____

Hardest hour today

What happened right before

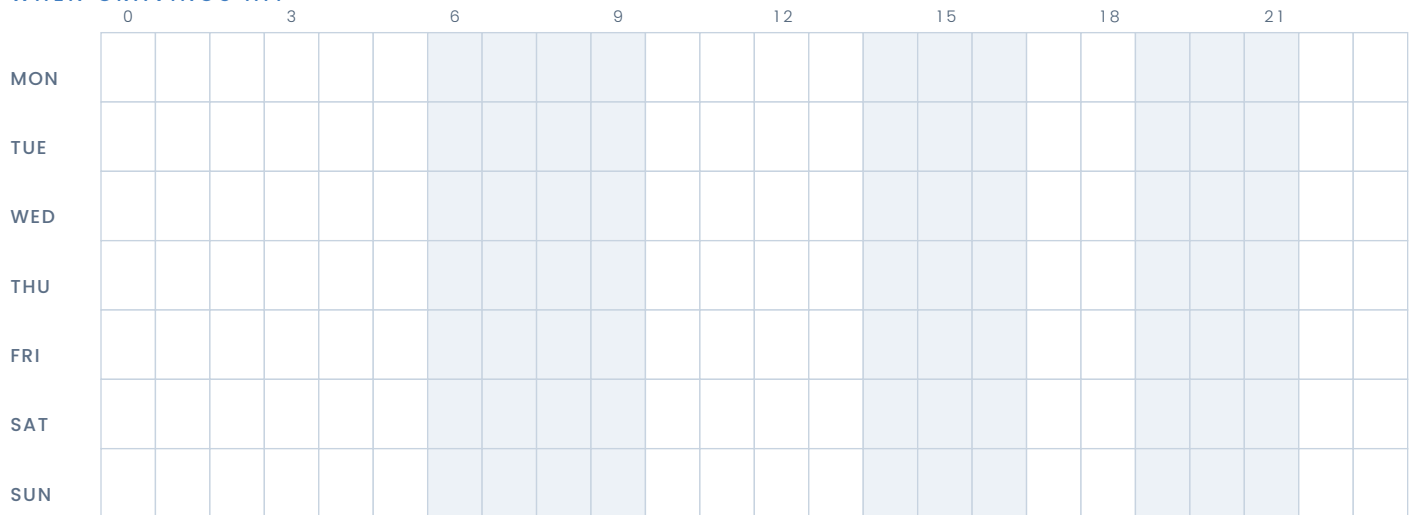
One change for tomorrow

Weekly Pattern Review

WEEK OF _____

Shade every hour a craving hit. After one week, two or three windows show up.

WHEN CRAVINGS HIT



Shaded columns are the hours cravings most often cluster — yours may differ.

THIS WEEK

Cravings logged

Cravings resisted

Hardest day

Three hardest windows

What actually helped

Change for next week

A slip doesn't erase the week.

Your streak resets. The practice you built does not. Log what happened around it, not why you failed — that's the part that turns into a plan.