

Daily Craving Record

Ratings of Intensity of Cravings

Instructions: Each day, use the scale to rate the average intensity (0–5) of your cravings to use alcohol, tobacco, or other drugs.



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|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Month: _____ | | | | | | | | | | | | | | | | |
| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Rating | | | | | | | | | | | | | | | | |
| Day | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Rating | | | | | | | | | | | | | | | | |

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|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Month: _____ | | | | | | | | | | | | | | | | |
| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Rating | | | | | | | | | | | | | | | | |
| Day | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Rating | | | | | | | | | | | | | | | | |

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|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Month: _____ | | | | | | | | | | | | | | | | |
| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Rating | | | | | | | | | | | | | | | | |
| Day | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Rating | | | | | | | | | | | | | | | | |