Kai's VIRGIN VAPOR

7-DAY VAPE TRACKING WORKSHEET

Use this worksheet to understand your habits, identify your triggers, and celebrate small wins along the way.

DAY	Pods, Puffs, Refills, or mL Used	NICOTINE STRENGTH (mg/mL)	CRAVINGS LEVEL (1 = Low • 10 = High)	MAIN TRIGGER(S) (What set it off?)	EXERCISE / ACTIVITY (What did you do?)	VAPE-FREE WINS (Small victories count!)
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

HOW TO USE THIS WORKSHEET

- **Track honestly.** This is for you, not anyone else.
- **Look for patterns.** Notice what triggers cravings and when you vape the most.
- **Make small changes.** Awareness is the first step to lasting change.
- **Celebrate wins.** Every delay, every craving you ride out, and every vape-free moment counts!

EXAMPLES OF VAPE-FREE WINS

- Delayed my first vape of the day
- Went for a walk instead of vaping
- Made it through a stressful moment
- Spent time with family or a friend
- Used a distraction that worked
- Slept well without nighttime vaping

YOU'VE GOT THIS!

Progress isn't about perfection—it's about persistence.

Every small step you take today brings you closer to a healthier, freer tomorrow.

We're rooting for you!