

## 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.



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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