

VAPING DIARY



Name

Service Number

Date

Kia kaha, you've got this!

The purpose of this diary is for you to record how/when/why you vape. It can be shared with your support team or simply used as a guide personally.

1. How many times did I vape today?

2. What time of day did I vape?

- Morning Lunch
 Afternoon Night

3. Why did I vape?

- Feeling irritable because I haven't vaped in a while
 Feeling restless or jumpy
 Feeling strong cravings to vape
 Having a hard time concentrating
 Helps me wake up in the morning
 Other

4. What type of situations was I in when I vaped?

- Before starting the day's activities
 Down time or in between activities
 When I'm around others who are vaping
 Walking or driving
 Other

5. The strength of nicotine I used today was:

6. The longest I went between vapes was:

7. How was I feeling immediately before I vaped?

- Happy
 Bored
 Stressed, frustrated or upset
 Anxious, worried, or nervous
 Sad, down, or lonely
 Other

8. How was I feeling immediately after I vaped?

- Happy
 Bored
 Stressed, frustrated or upset
 Anxious, worried, or nervous
 Sad, down, or lonely
 Other

9. If I didn't vape, how did I feel?

- Happy
 Bored
 Stressed, frustrated or upset
 Anxious, worried, or nervous
 Sad, down, or lonely
 Other

For advice and strategies for giving up the vape, head down to your Defence Health Centre or check out the Defence Health website: health.nzdf.mil.nz



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