My first week off the vape

One row a day. Takes a minute. Nobody sees this but you.

Quit date: _____ **My top reason: _____**

Day	Cravings (tally)	Strongest 1-5	Symptoms today	What helped
1		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
2		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
3		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
4		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
5		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
6		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	
7		1 2 3 4 5	☐ Crave ☐ Irrit ☐ Sleep ☐ Fog ☐ Restless ☐ Low ☐ Hungry	

Symptom list and coping ideas: Smokefree.gov, Understanding Withdrawal (accessed Nov 2026). Free help in the U.S.: call 1-800-QUIT-NOW, text QUIT to 47848, or visit smokefree.gov. In a crisis, call or text 988. This is general information, not medical advice. Talk to your clinician.

When it hits: what helps

Cut this out. Keep it where you used to keep the vape.

Cravings	Distract yourself, avoid your triggers at first, and ride it out. Text CRAVE to 47848 for 24/7 support (U.S.).
Irritability	Remind yourself why you quit. Sticking with it is what eases it.
Trouble sleeping	Keep the same bedtime and wake time, keep screens out of the bedroom, and limit caffeine, alcohol and big meals late.
Foggy thinking	Foggy thinking is temporary. If you are not using a quit medication, ask a provider whether one fits.
Restlessness	Walk, do a chore, move. Cut back on caffeine.
Low mood	Do something you enjoy and reach out to someone. If it gets worse, talk to a health professional; in a crisis call or text 988 (U.S.).
Hunger	Keep crunchy snacks near you, like carrots or raw nuts, to keep hands and mouth busy.

If I slip, I will:

A slip is not starting over (Smokefree.gov). Write what happened, then pick your next step.

Sources: smokefree.gov/challenges-when-quitting/withdrawal/understanding-withdrawal · cdc.gov/tobacco/e-cigarettes/quitting.html