HELP ME QUIT
VAPE TAPER TRACKER

A simple tool to help you use your vape less and get ready to quit completely.

STEP 1: MY GOALS

MY REASON FOR QUITTING: ..... (Example: health, saving money, freedom from addiction)

I PLAN TO QUIT VAPING BY: ..... (Example: 1 March 2027)

MY VAPE STRENGTH NOW: ..... **MG/ML** (Check your e-liquid label)

HOW MUCH I VAPE EACH DAY: ..... **PUFFS/ML** (Estimate or track for one day)

HOW FAST I WANT TO CUT DOWN: ..... (Example: 10% per week)

PLACES I WILL KEEP VAPE FREE: ..... (Example: bedroom, work area, car)

IF I FEEL LIKE VAPING, I WILL: ..... (delay & distract, deep breathing, remember reasons for quitting

MY REWARD WHEN I REACH MY GOALS: ..... (Example: treat myself or family to a day out)

Cymraeg

This document is available in Welsh

WEEKLY TRACKING TABLE

WEEK	NEW VAPE STRENGTH	DAILY USE TARGET (PUFFS/ML)	MOOD TRACKER Every day, pick an emoji from the key below and enter the number.							NOTES/COPING STRATEGIES USED	PROGRESS TRACKER (Record daily)
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

MOOD TRACKER KEY

1=☺ 2=😐 3=😠 4=☹

PROGRESS CHECK-IN

WHAT'S GOING WELL? ..... (Example: fewer cravings, using coping strategies)

HAVE YOU NOTICED ANY CHANGES IN CRAVINGS/BAD HABITS? Yes ☐ No ☐

WHAT STRATEGIES HELPED MOST?: ..... (Example: waiting longer between puffs, using NRT)

ANY CHALLENGES OR SETBACKS? ..... (Example: stress, boredom)

IF CRAVINGS HAPPEN, I WILL: ..... (Example: chew gum, take a walk)

SUPPORT NEEDED? (TICK ANY)

☐ Extra guidance on reducing nicotine ☐ Behavioural support session ☐ Motivation tips

☐ Other: .....

HOW WILL YOU CELEBRATE PROGRESS THIS WEEK? .....

NEXT STEPS

- Adjust your tapering plan if needed
- Celebrate progress—every step forward counts!
- Reach out for support if you're struggling. Contact us on 0800 085 2219 or Visit the Help Me Quit Website

ADDITIONAL NOTES

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