

# Unplanned substance use recording tool



Name:

Date:

Use this tool to track any unplanned substance use to help better understand when, where and why it happens.

**My aim:**

- Change or reduce my substance use (please describe):
- Not use any substances at all

Date/day	Did you have cravings? Y/N	How much used? (e.g. \$/volume)	The situation (place/time/people) related to the unplanned use?	What happened? What did I learn about myself? And what could I do differently next time?



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