



6-Month Smoke-Free Tracker

Track your progress week by week. Tick off each milestone to celebrate every step you take towards freedom.

Week	✓	Notes / Reward / Milestone
Week 1	<input type="checkbox"/>	
Week 2	<input type="checkbox"/>	
Week 3	<input type="checkbox"/>	
Week 4	<input type="checkbox"/>	
Week 5	<input type="checkbox"/>	
Week 6	<input type="checkbox"/>	
Week 7	<input type="checkbox"/>	
Week 8	<input type="checkbox"/>	
Week 9	<input type="checkbox"/>	
Week 10	<input type="checkbox"/>	
Week 11	<input type="checkbox"/>	
Week 12	<input type="checkbox"/>	
Week 13	<input type="checkbox"/>	
Week 14	<input type="checkbox"/>	
Week 15	<input type="checkbox"/>	
Week 16	<input type="checkbox"/>	
Week 17	<input type="checkbox"/>	
Week 18	<input type="checkbox"/>	
Week 19	<input type="checkbox"/>	
Week 20	<input type="checkbox"/>	
Week 21	<input type="checkbox"/>	
Week 22	<input type="checkbox"/>	
Week 23	<input type="checkbox"/>	
Week 24	<input type="checkbox"/>	
Week 25	<input type="checkbox"/>	
Week 26	<input type="checkbox"/>	



Every week smoke-free is a massive win. You're building a healthier, freer life — one step at a time!