

Stop Smoking Planner

Start Date:

BE POSITIVE! BE MOTIVATED!

Emergency Plan: *"If I get a strong craving, I will..."*

Estimated money saved each week:

And every 4 weeks:

TRACKER

Smoke free days

1: YES ☐

2: YES ☐

3: YES ☐

4: YES ☐

5: YES ☐

6: YES ☐

7: YES ☐

8: YES ☐

9: YES ☐

10: YES ☐

11: YES ☐

12: YES ☐

13: YES ☐

14: YES ☐

15: YES ☐

16: YES ☐

17: YES ☐

18: YES ☐

19: YES ☐

20: YES ☐

21: YES ☐

22: YES ☐

23: YES ☐

24: YES ☐

25: YES ☐

26: YES ☐

27: YES ☐

28: YES ☐

Good reasons why to quite:

It's been a whole week! My goal now is...

My reward(s)...

Amazing! It's been 2 weeks! My goal for this week is...

And my new reward(s)...

What an achievement! Three weeks done! My goal for this week is...

This week's reward(s):

Print another 4 week planner and congratulate myself!