

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:



Monthly Tracker

A day at a time! Give a tick for each successful day.

| MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN |
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Good reasons why to quite

"Remember why you wanted to quit in the first place, and hold onto that reason."

My rewards

Names of family/friends/celebs that have quite

Print another monthly planner and **congratulate myself!**