

30 Day Quit Smoking Tracker

Name: _____

Start Date: _____

End Date: _____

My Stop Smoking Goals

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



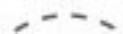
Day 11



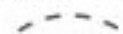
Day 12



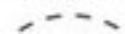
Day 13



Day 14



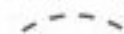
Day 15



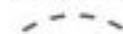
Day 16



Day 17



Day 18



DOT
DOT
TRACE