QUIT SMOKING CHALLENGE

Printable

60 DAY CHALLENGE

Start: _____ End: _____

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 Day 19 Day 20 Day 21

Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28