

QUIT SMOKING PLAN

stopsmokingonyourown.com

Week _____

Date: _____

Quit Date: _____

Today's Notes

	Cravings
7am	○○○○○○○○○○
8am	○○○○○○○○○○
9am	○○○○○○○○○○
10am	○○○○○○○○○○
11am	○○○○○○○○○○
12pm	○○○○○○○○○○
1pm	○○○○○○○○○○
2pm	○○○○○○○○○○
3pm	○○○○○○○○○○
4pm	○○○○○○○○○○
5pm	○○○○○○○○○○
6pm	○○○○○○○○○○
7pm	○○○○○○○○○○
8pm	○○○○○○○○○○
9pm	○○○○○○○○○○
10pm	○○○○○○○○○○

Today's Difficulty
Score



Day's Smoke Free



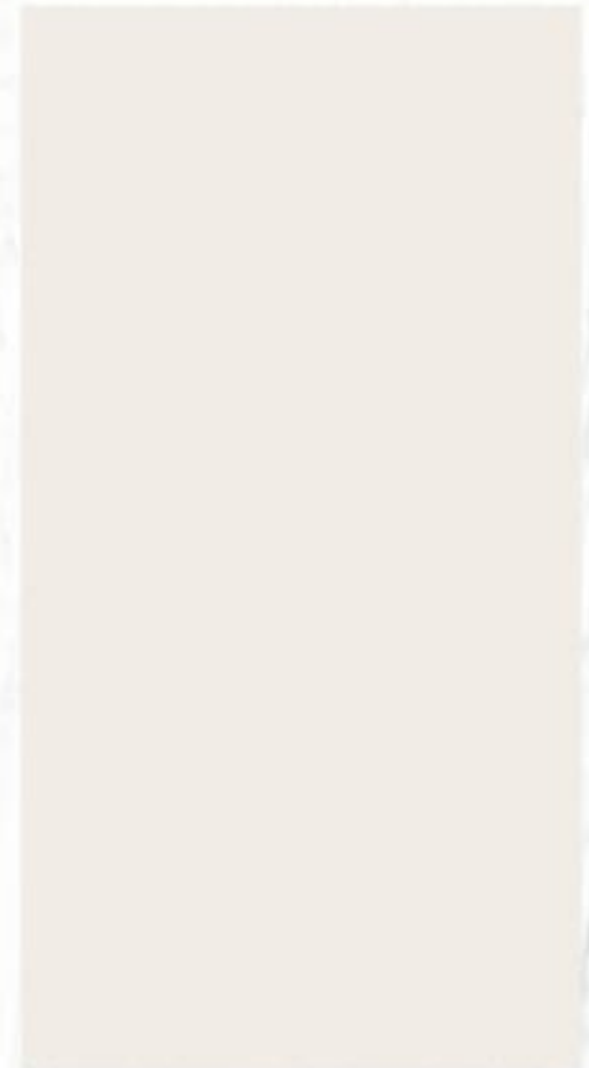
Intake

Water	○○○○○○○○○○
Caffeine	○○○○○○○○○○
Snacks	○○○○○○○○○○

Triggers

1. _____
2. _____
3. _____
4. _____
5. _____

Today's Exercise:



You can do this. Quitting is a marathon not a sprint. One day at a time.