

# QUIT SMOKING

100 day challenge

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
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**Quitting smoking sparks immediate changes!**

- Day 1: Oxygen boost, sharper senses, withdrawal pangs.
- Days 3-5: Lungs clear, pressure drops, breathing eases.
- 1-2 Weeks: Deeper sleep, energy surge, cravings fade.
- Long-term: Lower disease risk, improved health across the board!

Remember, every day smoke-free counts. You got this!