



My Calendar: Helping Me to Quit

My Quit Date is: _____

✓ Put a tick in the day if you've stayed tobacco free

✗ Put a cross in the day if you've used tobacco

WEEK ONE

1	2	3	4	5	6	7
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WEEK TWO

1	2	3	4	5	6	7
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WEEK THREE

1	2	3	4	5	6	7
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WEEK FOUR

1	2	3	4	5	6	7
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SPACE2