

# Quit Smoking Checklist for \_\_\_\_\_

Starting: \_\_\_\_\_

Time \ Day	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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<b>Daily Total:</b>																																

This Quit Smoking Checklist divides the days into intervals of half an hour (30 minutes) so that you can monitor the number of cigarette stick you smoke daily. This will help you to find out which time of the day your craving for cigarette is higher, so that you can plan more activities into the time slot, as to distract yourself from cigarette smoking.

The days are listed from 01 to 31 so that you can use the checklist either at the start of the month or any day which you start to quit smoking, to track your quit smoking progress.

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