



# 6 WEEKS WITHOUT SMOKING... I'M UP FOR THE CHALLENGE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b> THE CHALLENGE IS ON	6 <small>FEBRUARY</small>	7	8	9	10	11	12
<b>WEEK 2</b> HANG IN THERE	13	14	15	16	17	18	19
<b>WEEK 3</b> YOU CAN DO IT	20	21	22	23	24	25	26
<b>WEEK 4</b> YOU'RE HALFWAY THERE	27	28	1 <small>MARCH</small>	2	3	4	5
<b>WEEK 5</b> 1 MONTH WITHOUT SMOKING	6	7	8	9	10	11	12
<b>WEEK 6</b> ONE WEEK TO GO	13	14	15	16	17	18	19 ★ ★ ★ CONGRATS!

- Print your calendar and keep it in plain sight.
- Check off with an **X** or a 😊 every smoke-free day.



**6 WEEKS WITHOUT SMOKING,  
6 TIMES THE CHANCES OF QUITTING FOR GOOD**