

Date: _____ Days Tobacco Free!

Today I'm Grateful for ...

Empty box for gratitude notes.

Beat Your Cravings:

Log your tobacco cravings and triggers throughout the day.

How did you overcome them?

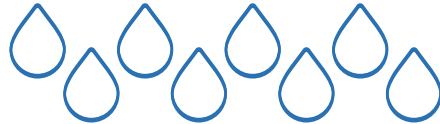
Large empty box for logging cravings and triggers.

Daily To-Dos:

Large empty box for daily to-do list.

Water Intake:

Try to drink eight 8-oz. glasses of water.



Notes: _____

Five horizontal lines for notes.

Date: _____ Days Tobacco Free!

Today I'm Grateful for ...

Empty box for gratitude notes.

Beat Your Cravings:

Log your tobacco cravings and triggers throughout the day.

How did you overcome them?

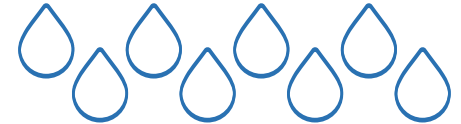
Large empty box for logging cravings and triggers.

Daily To-Dos:

Large empty box for daily to-do list.

Water Intake:

Try to drink eight 8-oz. glasses of water.



Notes: _____

Five horizontal lines for notes.