NICOTINE-FREE

Days Are Golden

I'm quitting for .....

Goal: ..... Stars

WEEK	*Give yourself a gold star for every day you go without nicotine, and watch your progress grow!*	
1		☐
2		☐
3		☐
4		☐

KEY

★ = *Nicotine-free day*

★ = *Slipped up? Keep going!*

REWARD

.....

1 800 QUIT NOW
OKhelpline.com

TSET