

31-Day Quit Tobacco Calendar:

Real Tips and Inspiration

<p>Day 1: Am I really doing this? ???</p>	<p>Day 2: Apparently, I'M DOING THIS.</p>	<p>Day 3: HARDEST DAY. The struggle is REAL.</p>	<p>Day 4: The nicotine is out of my body. Go, me! ❤️</p>	
<p>Day 14: TWO. WHOLE. WEEKS!</p>	<p>Days 11-13: Am I sleepy? Or in a trance? ZZZ</p>	<p>Days 8-10: Keeping an 🙄 out for triggers.</p>	<p>Day 7: BOOM! A whole week!</p>	<p>Days 5-6: Nicotine withdrawals... Feeling moody.</p>
<p>Day 15: Deep breaths and long walks.</p>	<p>Days 16-17: Meditating and winning.</p>	<p>Day 18: Switching up my routine.</p>	<p>Days 19-20: MORE long walks.</p>	<p>Day 21: WOOT! THREE WEEKS!</p>
<p>Day 28: FOUR WEEKS. TOUCHDOWN DANCE!</p>	<p>Days 25-27: Where did my cough go?</p>	<p>Day 24: Craving alert! Calling my bestie!</p>	<p>Days 22-23: Rewarding myself with some guilt-free TV.</p>	
<p>Days 29-30: De-stressing bubble baths.</p>	<p>Day 31: I did it! <u>100</u></p>			

Oklahoma Tobacco Helpline
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