

Challis Area Health Center

Smoking & Tobacco Use Cessation Progress Calendar

Set personal goals for each week. Use this calendar to document your progress.
Place a checkmark ✓ on each day you met your goal!

Example:

Week 1 Goal: Decrease by 1 cigarette per day.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
✓	✓	✓	✓	✓	✓	✓

Week 1 Goal:

Week 2 Goal:

Week 3 Goal:

Week 4 Goal:

Week 5 Goal:

Month:						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Don't be discouraged- Quitting smoking is difficult and may require several attempts. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers (cdc.gov-US Dept of Health & Human Services 2014). **Don't give up!**

1-800-QUIT-NOW (1-800-784-8669) is a FREE telephone support service that can help those who want to stop smoking.