



Quitting smoking progress tracking calendar

Use this calendar to record your progress toward the goals you've set for yourself.

- Write your specific goal(s) for each day in the appropriate box and check them off when completed.

My overall quitting smoking goal(s) for this month:

Month:

Day 1	<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 4	<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 6	<input type="checkbox"/>	Day 7	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	Day 9	<input type="checkbox"/>	Day 10	<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 14	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 21	<input type="checkbox"/>
Day 22	<input type="checkbox"/>	Day 23	<input type="checkbox"/>	Day 24	<input type="checkbox"/>	Day 25	<input type="checkbox"/>	Day 26	<input type="checkbox"/>	Day 27	<input type="checkbox"/>	Day 28	<input type="checkbox"/>
Day 29	<input type="checkbox"/>	Day 30	<input type="checkbox"/>	Day 31	<input type="checkbox"/>	Notes							