



90 DAYS WITHOUT TOBACCO AND SMOKING TRACK YOUR PERFORMANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 THE CHALLENGE IS ON				31 MAY	1 JUNE	2	3
WEEK 2 TRUST YOURSELF	4	5	6	7	8	9	10
WEEK 3 MOTIVATE YOURSELF	11	12	13	14	15	16	17
WEEK 4 KEEP YOURSELF GOING	18	19	20	21	22	23	24
1 MONTH WITHOUT SMOKING	25	26	27	28	29	30	1 JULY
WEEK 6 PUSH YOURSELF	2	3	4	5	6	7	8
WEEK 7 GOOD GOING	9	10	11	12	13	14	15
WEEK 8 KEEP YOUR SPIRITS HIGH	16	17	18	19	20	21	22
WEEK 9 YOU CAN DO THIS	23	24	25	26	27	28	29
2 MONTHS WITHOUT SMOKING	30	31	1 AUGUST	2	3	4	5
WEEK 11 HANG IN THERE	6	7	8	9	10	11	12
WEEK 12 YOU CAN WIN THIS	13	14	15	16	17	18	19
WEEK 13 ONE WEEK TO GO	20	21	22	23	24	25	26
ALMOST 3 MONTHS WITHOUT SMOKING	27	28 CONGRATS!					

