

HABITROL Daily Success Calendar

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| <p>WEEK 1: QUIT <i>The date is:</i></p> <p>It's your first day as a nonsmoker! Congratulations! Start off the day with your first Step patch instead of a cigarette!</p> | <p>Day 2</p> <p>Avoid your triggers today.</p> | <p>Day 3</p> <p>Remember to switch your focus when you think of a cigarette – think of something else, like how much healthier you'll be.</p> | <p>Day 4</p> <p>Are you rewarding yourself?</p> | <p>Day 5</p> <p>Dry clean or wash clothes to get rid of the cigarette smell.</p> | <p>Day 6</p> <p>Try the Three-Second Breathing Exercise.</p> | <p>Day 7</p> <p>Think about ways to cope with smoking triggers.</p> |
| <p>WEEK 2 <i>Day 8</i></p> <p>You made it through the crucial first week!</p> | <p>Day 9</p> <p>Don't forget to change your patch every day.</p> | <p>Day 10</p> <p>What triggers did you tame today?</p> | <p>Day 11</p> <p>Have you reached out to your support?</p> | <p>Day 12</p> <p>Did you remember to pick up more patches?</p> | <p>Day 13</p> <p>Make sure you have healthy snacks on hand.</p> | <p>Day 14</p> <p>Way to go! Two whole weeks without smoking!</p> |
| <p>WEEK 3 <i>Day 15</i></p> <p>Treat yourself today! Go to the movies or the park.</p> | <p>Day 16</p> <p>Remember to switch your focus when the urge to smoke strikes.</p> | <p>Day 17</p> <p>List the triggers you've tamed. Are you proud of yourself?</p> | <p>Day 18</p> <p>Check your patch supply. Do you need more patches?</p> | <p>Day 19</p> <p>Are you exercising enough? Exercise is a great stress reliever!</p> | <p>Day 20</p> <p>Think about encouraging a friend to stop smoking.</p> | <p>Day 21</p> <p>Celebrate! Three weeks of no smoking!</p> |
| <p>WEEK 4 <i>Day 22</i></p> <p>You deserve a reward! Do something special for yourself.</p> | <p>Day 23</p> <p>Doesn't food taste better these days?</p> | <p>Day 24</p> <p>Was today trigger-free?</p> | <p>Day 25</p> <p>The urge to smoke will pass. Stay committed!</p> | <p>Day 26</p> <p>Remember to get up and move. Try a new exercise today.</p> | <p>Day 27</p> <p>Treat yourself to a bottle of perfume or cologne to celebrate your improved sense of smell.</p> | <p>Day 28</p> <p>If you started on Step 1, tomorrow you step down to the next lower strength patch.</p> |

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| <p>WEEK 5 <i>Day 29</i></p> <p>Can you believe it? Four whole weeks without smoking.</p> | <p>Day 30</p> <p>Take one day at a time.</p> | <p>Day 31</p> <p>Admit it, you're feeling great!</p> | <p>Day 32</p> <p>Don't forget to call a friend if you need some extra TLC.</p> | <p>Day 33</p> <p>Ever think about how much money you'll save being a nonsmoker?</p> | <p>Day 34</p> <p>Keep exercising.</p> | <p>Day 35</p> <p>List any surprise triggers and how you tamed them.</p> |
| <p>WEEK 6 <i>Day 36</i></p> <p>Expecting a high-pressure day? Be prepared to tame your triggers.</p> | <p>Day 37</p> <p>Try something new. Take up a hobby.</p> | <p>Day 38</p> <p>Don't forget to switch your focus!</p> | <p>Day 39</p> <p>Have you rewarded yourself lately?</p> | <p>Day 40</p> <p>See how many successful smoke-free days you've had.</p> | <p>Day 41</p> <p>Take a walk and renew your commitment.</p> | <p>Day 42</p> <p>Is it time to buy more patches?</p> |
| <p>WEEK 7 <i>Day 43</i></p> <p>A big congratulations! You're coming down to the home stretch. Step down to the 7 mg/day patch, which is Step 3.</p> | <p>Day 44</p> <p>Your confidence about dealing with triggers has grown.</p> | <p>Day 45</p> <p>Review your reasons for quitting.</p> | <p>Day 46</p> <p>Remember to keep healthy snacks on hand.</p> | <p>Day 47</p> <p>Need some added support? Call a friend or visit www.breatheBetter.me</p> | <p>Day 48</p> <p>Daily exercise is still your best defense.</p> | <p>Day 49</p> <p>Stronger than you thought you were. Congratulations!</p> |
| <p>WEEK 8 <i>Day 50</i></p> <p>Your last week on the patch!</p> | <p>Day 51</p> <p>You're a hero!</p> | <p>Day 52</p> <p>Think of ways to celebrate.</p> | <p>Day 53</p> <p>Visit www.breatheBetter.me for support.</p> <p>Discuss with your physician if you feel you need to extend the program past 8 weeks.</p> | <p>Day 54</p> <p>Are you feeling a great sense of freedom?</p> | <p>Day 55</p> <p>It is important to complete treatment. Buy yourself a gift today.</p> | <p>Day 56</p> <p>If you feel you need to use the patch for a longer period to keep from smoking, talk to your health care provider.</p> <p>You are a success!</p> |