

Habitrol® Daily Success Calendar

For those who smoke more than 10 cigarettes a day.*

*If you smoke 10 or less cigarettes per day, start with the Step 2, 14 mg patch for 6 weeks, then Step 3, 7 mg patch for 2 weeks.

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

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WEEK 5 Day 29 Can you believe it? Four whole weeks without smoking.	Day 30 Take one day at a time.	Day 31 Admit it, you're feeling great!	Day 32 Don't forget to call a friend if you need some extra TLC.	Day 33 Ever think about how much money you'll save being a nonsmoker?	Day 34 Keep exercising.	Day 35 List any surprise triggers and how you tamed them.
WEEK 5 Day 36 Expecting a high-pressure day? Be prepared to tame your triggers.	Day 37 Try something new. Take up a hobby.	Day 38 Don't forget to switch your focus!	Day 39 Have you rewarded yourself lately?	Day 40 See how many successful smoke- free days you've had.	Day 41 Take a walk and renew your commitment.	Day 42 Is it time to buy more patches?
WEEK 7 Day 43 A big congratulations! You're coming down to the home stretch. Step down to the 7 mg/day patch, which is Step 3.	Day 44 Your confidence about dealing with triggers has grown.	Day 45 Review your reasons for quitting.	Day 46 Remember to keep healthy snacks on hand.	Day 47 Need some added support? Call a friend or 1-888-HABITROL or visit www.habitrol.com .	Day 48 Daily exercise is still your best defense.	Day 49 Stronger than you thought you were. Congratulations!
WEEKS Day 50 Your last week on the patch!	Day 51 You're a hero!	Day 52 Think of ways to celebrate.	Day 53 Visit us at www.habitrol.com .	Day 54 Are you feeling a great sense of freedom?	Day 55 It is important to complete treatment. Buy yourself a gift today.	Day 56 If you feel you need to use the patch for a longer period to keep from smoking, talk to your health care provider. You are a success!