

# 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.

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

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