

MY QUIT DAY IS

# Quit Calendar

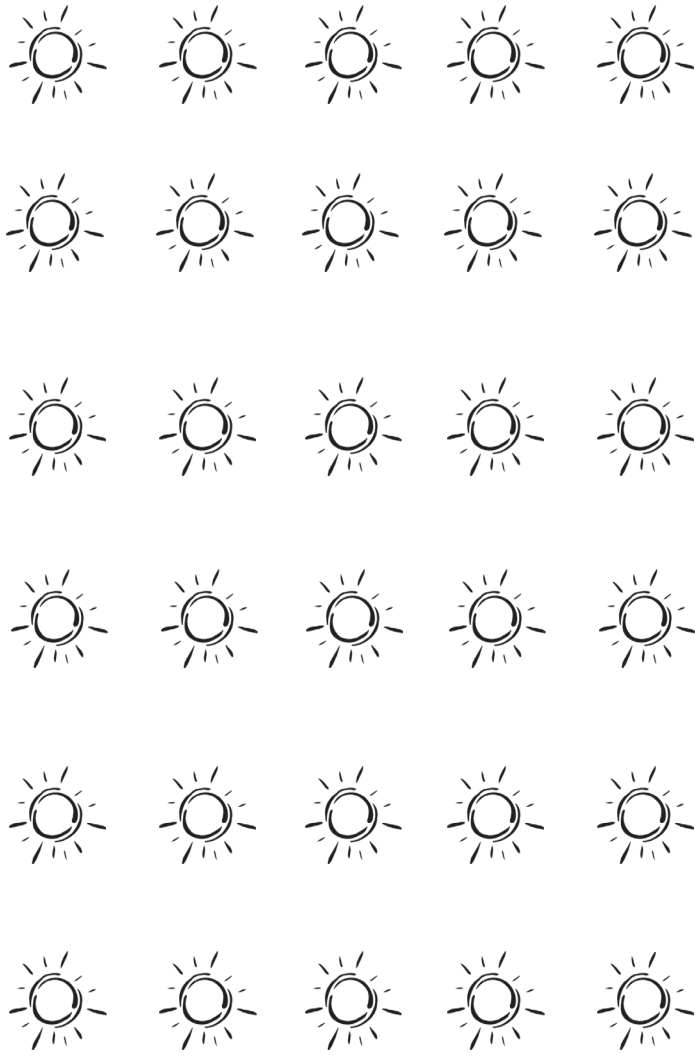
\_\_\_\_\_, 20\_\_\_\_

**F** or the next 30 days, proudly mark each calendar day that you do not smoke.



QUIT DAY

Vertical bar with 10 purple rectangular segments for marking progress.



**FREEDOM DAYS**

**THE BUTT STOPS HERE**