

# My stop smoking diary

Quit date:

The only real way to stop smoking is to stop abruptly. This allows your body to begin to adjust to not smoking and you to adjust to life without cigarettes. Keep track of your progress here using our OneSmallStep diary.

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triggers? Cravings?				Remind yourself of your motivations		
How are you feeling?						
Carbon Monoxide is eliminated from the body. Lungs start to clear out mucus & other smoking debris	Hooray! There is no nicotine in your body — taste and smell should start to improve	Breathing becomes easier & energy levels increase				
£ Saved					Treat yourself to a nice meal — does it taste better?	
smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>

1 week smokefree

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triggers? Cravings?	If you haven't already — start thinking about NRT options					
How are you feeling?						
Your circulation will start to improve			Exercise will start to become easier			
£ Saved					Take your car for a valet and get rid of any unwanted tobacco smell	
smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>

2 weeks smokefree

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triggers? Cravings?						
How are you feeling?		The appearance of your skin and teeth might start to improve				
£ Saved						
smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>

**3 weeks smokefree**

## Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triggers? Cravings?					Your cravings should have started to stop by now?	
How are you feeling?				Check out your home insurance premium to see if you can benefit from being smokefree		
£ Saved						Count up how much you have saved!
smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>	smokefree <input type="checkbox"/>				

**Congratulations — you are now a non-smoker**