



TRACKER

Use this page to track your progress and make any notes.

Remember, progress can be small and it's okay to go at your own pace.

Make it work for you.

Remember, you're not alone. Join our Facebook group for support and to talk to others going Smoke Free for September:



Notes:

START:

DAY

1

DAY

Carbon monoxide is flushed. You should notice sense of taste and smell improving.

2

DAY

Breathing should be easier due to bronchial tubes relaxing.

3

DAY

4

DAY

If you're noticing a mood drop or becoming irritable, find distractions. Try and enjoy yourself.

5

DAY

6

DAY

Further improvements to sense of taste and smell should be showing.

7

DAY

8

DAY

9

DAY

10

DAY

Now you're in your second week, you should notice the craving intensity be easier to manage.

11

DAY

12

DAY

13

DAY

You might find it hard to concentrate at this point. Remind yourself why/for who you're doing this!

14

DAY

15

DAY

16

DAY

17

DAY

18

DAY

19

DAY

Oxygen should be reaching your heart easier now. Have you noticed feeling any fitter?

20

DAY

It's not uncommon to snack when quitting - find healthy options where possible.

21

DAY

22

DAY

23

DAY

24

DAY

25

DAY

Have friends and family noticed a change in you? It's only going to get better.

26

DAY

27

DAY

Coughing and/or wheezing should be easing off as your lungs continue to clear.

28

DAY

So close!

29

DAY

Well done! You're at day 30. Don't give up now, you've done the hard work!

30



SMOKE FREE FOR SEPTEMBER

Registered Charity England & Wales 1046854
Scotland SC037596 Isle of Man 1277

PLEASE NOTE: Highlighted advice and tips are provided as guides, based on total withdrawal from nicotine. Each individual will vary.