WARNING: Quitting is habit-forming.

I AM A QUITTER

1 2 3 4 5 6 7

Color in one letter for every full day without nicotine. By day four it says quit.

After week one

Weeks	1	2	3								
Months	1	2	3	4	5	6	7	8	9	10	11
Years	1	2	3	4	5	I QUIT!					

My quit day

I'm quitting for

If you slip, start a new tracker. Most people take more than one try, and every try counts. Free help: text EXPROGRAM to 88709 (13 and older), or call 1-800-QUIT-NOW.

iamaquitter.com

Free to print and copy. Made by Chad Kempel, chadkempel.com