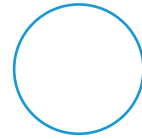
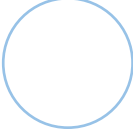
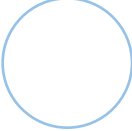
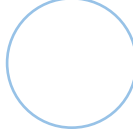
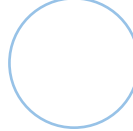
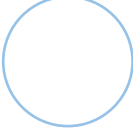
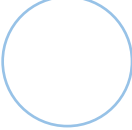
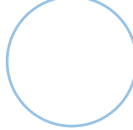
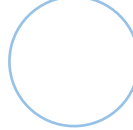
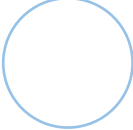
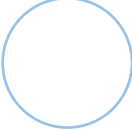
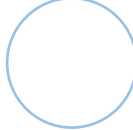
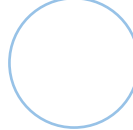
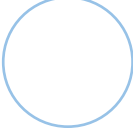
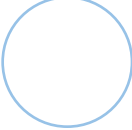
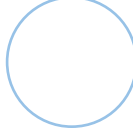
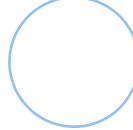
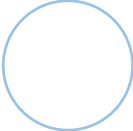

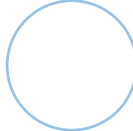
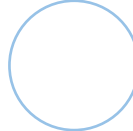


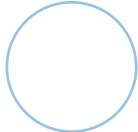

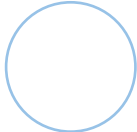
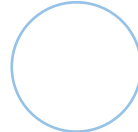

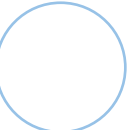

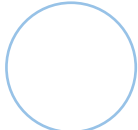
Calendar Scorecard

Today is your Quit Day! For the next few days, place a Freedom From Smoking logo sticker on this scorecard every time you reach a milestone without using any tobacco products. For the rest of the month, place a sticker on each calendar day that you do not use tobacco. You should take pride in placing each sticker. Celebrate today by placing a sticker on Quit Day right now.



QUIT DAY

DAY 1				
	<u>6 a.m.</u>	<u>9 a.m.</u>	<u>Noon</u>	<u>3 p.m.</u>
				
	<u>6 p.m.</u>	<u>9 p.m.</u>	<u>Midnight</u>	<u>3 a.m.</u>
DAY 2				
	<u>6 a.m.</u>	<u>9 a.m.</u>	<u>Noon</u>	<u>3 p.m.</u>
				
	<u>6 p.m.</u>	<u>9 p.m.</u>	<u>Midnight</u>	<u>3 a.m.</u>
DAY 3				
	<u>6 a.m.</u>	<u>Noon</u>	<u>6 p.m.</u>	<u>Midnight</u>

<p>DAY 4</p>	 ___ 6 a.m. ___	 Noon ___	 6 p.m. ___	 Midnight																																																		
<p>DAY 5</p>	 ___ 6 a.m. ___	 6 p.m.	<p>DAY 6</p>	 ___ 6 a.m. ___	 6 p.m.																																																	
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