

PROJECT XAPOUROUND
28 DAY QUITTING
CALENDAR

You're **5 TIMES** more likely to **QUIT FOR GOOD** if you stay
SMOKE-FREE for **28 DAYS**. **BEGIN** your **QUIT SMOKING** journey **TODAY**

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DAY 1



Today is the day! **MAKE THE SWITCH!**

DAY 2

The **secret to getting ahead** is **GETTING STARTED**
(Mark Twain)

DAY 3



72 HOURS in, **breathing** should be **easier**

DAY 4

Make it **known** to **everybody** that you are **quitting smoking** **IT WILL HELP YOU**

DAY 5



List **your reasons for quitting!** Keep them close for **inspiration**

DAY 6

If you can **DREAM IT, you can DO IT!**
(Walt Disney)

DAY 7 ★

ONE WEEK IN! Call a **friend, family member** or **quitline** if you need **extra support**

DAY 8



You are **GREATER THAN** your **addiction**
(Nadia Davis)

DAY 9

Find a new **HOBBY** to **keep** yourself **DISTRACTED**

DAY 10

TOUGH TIMES never last, but **TOUGH PEOPLE** do!
(Robert H Shuller)

DAY 11



TREAT YOURSELF! Pick **something nice** to buy with the **money** you are **saving**

DAY 12

Nothing will work, unless **YOU DO**
(Maya Angelou)

DAY 13

BE KIND to **yourself!** This is a **big change,** it takes **TIME**

DAY 14 ★



HALF WAY! **KEEP GOING!**

DAY 15



OUR STRENGTH grows out of our **weakness**
(Ralph Walde Emerson)

DAY 16

BE PROUD of **yourself,** share your progress with **loved ones**

DAY 17



Are you **NOTICING** a **difference** yet?

DAY 18

ONLY YOU can **change your life!** No one can do it **for you!**

DAY 19

SPEAK TO YOUR FRIENDS! How are **they supporting** you?

DAY 20



You should be **starting** to **enjoy** a **better sense** of **taste** and **smell**

DAY 21 ★

LOOK HOW FAR you've come! **WELL DONE!**

DAY 22



Make sure you are **getting enough sleep.** When you're **tired, cravings** will seem **stronger**

DAY 23



What **have you learnt** about **yourself** during this **journey?**

DAY 24

YOUR LIFE is in **your hands,** to **make of it** what you **choose**

DAY 25



THE FINAL HURDLE! Be **proud** of **yourself**

DAY 26

It **always seems impossible** until **IT'S DONE**
(Nelson Mandela)

DAY 27



How much have you **saved?** Almost **time** for a **treat!**

DAY 28 ★



You did it! **CONGRATULATIONS 28 DAYS SMOKEFREE!**

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