

3 week plan	Day	# of cig. I smoked	\$ spent (see how much \$ you could have saved)
Week 1			
Week 2			
Week 3			

To keep track of how much you're smoking and amount spent

Try to record your daily use so you can measure your progress over time. Don't worry if you aren't able to reduce the number of « cigarettes smoked » or « puffs » every single day... it is the effort that counts!

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Week 1			
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To keep track of how much you're smoking and amount spent

Try to record your daily use so you can measure your progress over time. Don't worry if you aren't able to reduce the number of « cigarettes smoked » or « puffs » every single day... it is the effort that counts!

3 week plan	Day	# of sessions/hits	\$ spent (see how much \$ you could have saved)
Week 1			
Week 2			
Week 3			

To keep track of how much you're vaping and amount spent

Try to record your daily use so you can measure your progress over time. Don't worry if you aren't able to reduce the number of « sessions/hits » every single day... it is the effort that counts!

3 week plan	Day	# of sessions/hits	\$ spent (see how much \$ you could have saved)
Week 1			
Week 2			
Week 3			

To keep track of how much you're vaping and amount spent

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