30 DAYS

Smoke-Free Tracker

MONTH: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30 DAYS

Smoke-Free Tracker

DAY 1: Heart rate has dropped back to normal and your body has cleansed itself and increased your oxygen level.

DAY 2: You may notice increased sense of smell and taste.

DAY 3: You will find yourself breathing more easily. Your lung capacity has improved.

DAY 7: The level of carbon monoxide that is in your blood has dropped back to the normal level

DAY 12: You may notice you are walking and breathing easier, this is due to your cirulation improving

DAY 30: You may experience a sense of overall energy increase. Lowered sinus congestion and decreased shortness of breath

Reminder: Those who make it 1 month smoke free are 5 times more likely to quit for good

You are doing a great job!