

Quit Journey Rewards

Before your quit day, set goals that you want to reach. These are also called “milestones.” Your milestones could be getting through one hour, one day and one week of not smoking. Maybe your milestone is not to smoke when you wake up. Beside each milestone, write down how you will reward yourself – give yourself a special treat. Track your progress and plan daily, weekly and monthly celebrations

Milestone

Reward

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