

QUIT SMOKING CALENDAR

2021

JANUARY

S	M	T	W	T	F	S
					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
31						

FEBRUARY

S	M	T	W	T	F	S
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21	22	23	24	25	26	27
28						

MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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23	24	25	26	27	28	29
30	31					

- ✗ Weekdays non-smoke
- ✓ Weekends non-smoke



Quitting In Time How To Stop Smoking On Your Own

Eric Wagner,Holly Waldron



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