

# Calendar Scorecard

Place a check mark (or smiley face!) on this scorecard every time you reach one of the listed milestones without smoking. You can also use this scorecard to record the rewards you have planned for yourself on Quit Day and after two days, seven days and one month without smoking.

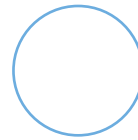
**My Quit Day:** \_\_\_\_\_

My Quit Day Reward: \_\_\_\_\_

My Day 2 Reward: \_\_\_\_\_

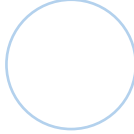









My Day 7 Reward: \_\_\_\_\_

My 1 Month Reward: \_\_\_\_\_



**QUIT DAY**

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6 a.m.	9 a.m.	Noon	3 p.m.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6 p.m.	9 p.m.	Midnight	3 a.m.
<b>DAY 2</b> Reward Yourself Today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6 a.m.	9 a.m.	Noon	3 p.m.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6 p.m.	9 p.m.	Midnight	3 a.m.
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6 a.m.	Noon	6 p.m.	Midnight

<b>DAY 4</b>				
	6 a.m.	Noon	6 p.m.	Midnight
<b>DAY 5</b>			<b>DAY 6</b>	
	6 a.m.	6 p.m.		
				
<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>
				
<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>	<b>DAY 16</b>
				
<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
				
<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>
				
<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>	<b>DAY 31</b>