

# Countdown to QUIT



SUN	MON	TUES	WED	THURS	FRI	SAT
		<i>Call Quitline</i>				
<i>3</i>	<i>2</i>	<i>1 day to go</i>	<i>*QUIT day*</i>			
			<i>1 week without smoking. Reward myself!</i>			
					<i>Remember to call Quitline 13 QUIT anytime for help and support.</i>	