

nicoBLOC[®]

NicoBloc Progress Chart

Start Date:

Target Quit Date:

This Progress Chart is for recording the number of cigarettes smoked each day, which will give you a visual record of how your smoking is being reduced. Just pop it in your cigarette pack and mark each time you have a smoke.

Day Number of Cigarettes Smoked

Week 1

1

2

3

4

5

6

7

Week 2

8

9

10

11

12

13

14

Week 3

15

16

17

18

19

20

21

Day

Week 4

22

23

24

25

26

27

28

Week 5

29

30

31

32

33

34

35

Week 6

36

37

38

39

40

41

42

Week 7

43

44

45

46

47

48

49

Week 8

50

51

52

53

54

55

56

Week 9

57

58

59

60

61

62

63