

28-day Stop Smoking Tracker

Achieving 28 days smokefree means that you are five times more likely to quit smoking for good. Use this tracker to mark off each day you remain smoke free.



Did you know?!

Within six hours of quitting, your heart rate and blood pressure will stabilise.

Within two to twelve weeks your blood will pump more efficiently through your heart and muscles.

Once you reach one-year smoke free, your risk of a heart attack halves in comparison to someone who smokes.

Reasons why you started smoking – List all the reasons why you started smoking

Reasons to quit smoking – List all the reasons why you want to stop smoking

Potential challenging situations – What situations might heighten your cravings?

Distraction plan – Create a distraction plan for when the cravings get hard
