



YOU'RE
DOING
GREAT!



Stop smoking and take back control in 28 days

S	M	T	W	T	F	S
		1 X	2 X	3 X	4 X	5 X
6 X	7 X	8 X	9 X	10 X	11 X	12 X
13 X	14 X	15 X	16 X	17 X	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Get the tips, tools and support
to help you stop smoking at

Freefone **1800 201 203**

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