

GET RICH QUICK...



LOOK AT THE MONEY YOU COULD SAVE IF YOU STOPPED SMOKING. WHAT YOU COULD BUY INSTEAD??
Based on \$4.00 a pack, per day - 2001 (Prices may vary locally)

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

January

1st - New Years Day!

TIP Take it one day at a time. Promise yourself that you won't smoke today.

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

February

14th - Valentine's Day

TIP Stock up on gum, lifesavers, carrot sticks, straws and toothpicks!

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

March

17th - St. Patrick's Day

TIP Start a bank account with the money you would have spent on cigarettes.

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

April

15th - Easter

TIP Throw out your cigarettes, lighters and ashtrays!

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

May

13th - Mother's Day - Smoking causes complications in pregnancy.

TIP Remind yourself why you stopped!

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

June

17th - Father's Day - Smoking causes impotence!

TIP The best time to quit is NOW!

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

July

4th - Independence Day

TIP If you've quit REWARD YOURSELF! If you haven't TRY AGAIN!

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

August

TIP Write down the reasons you want to quit, keep them with you!

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

September

3rd - Labor Day

TIP Call Stop Smoking Support Line

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

October

31st - Halloween

TIP Keep Busy! Go for a walk, exercise, call a friend, go to the movies, etc...

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

November

22nd - Thursday - Thanksgiving

TIP Avoid the guilt trip; don't let a slip or two draw you back into smoking!

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

December

25th - Happy Holidays!

TIP Get support! Quit with a friend, seek help from someone you trust, etc...

USE THIS CALENDAR TO PLAN TO STOP SMOKING & PLAN TO SPEND MONEY ON YOURSELF INSTEAD!