

▶ **Step 4**

Milestones

▶ **Quit date:**

I've been a nonsmoker for:

- 1 day
- 3 days
- 1 week
- 1 month
- 3 months
- 6 months
- 1 year

CONGRATULATIONS!!

Step 4



- ▶ **What I like best about being a nonsmoker:**