



Week 11: Focus on being medication free:

Medication progress –How did your medication help you ? How do you feel cutting down and stopping the medication:

Write down any top tips your practitioner or group has shared for reducing your medication use:

Remember: staying SMOKE FREE is important for your health and not having a PUFF will avoid any risk of starting smoking again!



Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	