

To keep track of how much you're **vaping** and **amount spent**

Try to record your daily use so you can measure your progress over time.
Don't worry if you aren't able to reduce the number of « sessions/hits »
every single day... it is the effort that counts!

3 week plan	Day	# of sessions/hits	\$ spent (see how much \$ you could have saved)
Week 1			
Week 2			
Week 3			

I quit
for
me

