

# HONEYROSE

## Stop Smoking Plan

	DAY	HONEYROSE PLANNED (NUMBER)	HONEYROSE SMOKED (NUMBER)	TOBACCO PLANNED (NUMBER)	TOBACCO SMOKED (NUMBER)
WEEK 1	1	3		17	
	2	5		15	
	3	6		14	
	4	8		13	
	5	8		13	
	6	10		10	
	7	10		10	
WEEK 2	8	10		8	
	9	10		7	
	10	10		6	
	11	10		5	
	12	9		3	
	13	8		2	
	14	7		1	
WEEK 3	15	6		0	
	16	5		0	
	17	4		0	
	18	3		0	
	19	2		0	
	20	1		0	
	21	0		0	

The Honeyrose Stop Smoking Plan will help you to replace tobacco cigarettes, gradually and calmly, substituting Honeyrose Herbal Cigarettes for tobacco cigarettes during the quitting period.

You have the added comfort of knowing that all the ingredients are non-addictive, pure herbs.

In as little as three weeks, smokers can lose the need to smoke tobacco. If you feel you need extra help, contact Honeyrose for a personalised Stop Smoking Plan.

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**NICOTINE FREE • TOBACCO FREE**