

Nesmokesen

25-day serving tracking calendar

It's vital to follow the suggested directions to achieve the best results!

Scan for mobile version: 

Starting on DAY 1 is suggested person should try to smoke less cigarettes. By DAY 5 is suggested person should completely stop smoking.

If effect is not satisfying person should stop taking Nesmokesen immediately. Person may try again after 2-3 months.

If serving was missed, then DO NOT double the next serving.

Day 1 1 capsule every 2 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____ 6 th serving _____	Day 2 1 capsule every 2 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____ 6 th serving _____	Day 3 1 capsule every 2 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____ 6 th serving _____	Day 4 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 5 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 6 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 7 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____
Day 8 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 9 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 10 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 11 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 12 1 capsule every 2.5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____ 5 th serving _____	Day 13 1 capsule every 3 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____	Day 14 1 capsule every 3 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____
Day 15 1 capsule every 3 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____	Day 16 1 capsule every 3 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____ 4 th serving _____	Day 17 1 capsule every 5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____	Day 18 1 capsule every 5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____	Day 19 1 capsule every 5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____	Day 20 1 capsule every 5 hours 1 st serving _____ 2 nd serving _____ 3 rd serving _____	Day 21 1 capsule every 6 hours 1 st serving _____ 2 nd serving _____
Day 22 1 capsule every 6 hours 1 st serving _____ 2 nd serving _____	Day 23 1 capsule every 6 hours 1 st serving _____ 2 nd serving _____	Day 24 1 capsule every 6 hours 1 st serving _____ 2 nd serving _____	Day 25 1 capsule every 6 hours 1 st serving _____ 2 nd serving _____	Congratulation to new YOU You're the best You made it		