

Nesmokesen

27-day serving tracking calendar

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 hours 1 st serving ____ 2 nd serving ____ 3 rd serving ____ 4 th serving ____ 5 th serving ____ 6 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 twice a day 1 st serving ____ 2 nd serving ____	Day 21 1 capsule twice a day 1 st serving ____ 2 nd serving ____
Day 22 1 capsule twice a day 1 st serving ____ 2 nd serving ____	Day 23 1 capsule in the morning 1 serving ____	Day 24 1 capsule in the morning 1 serving ____	Day 25 1 capsule in the morning 1 serving ____	Day 26 1 capsule in the morning 1 serving ____	Day 27 1 capsule in the morning 1 serving ____	Congratulation to new YOU You're the best You made it