







PROGRESS CHART

Tick the boxes below as you complete each day of your Big Cold Turkey marathon

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
																				
22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
																				

I (name) am giving upfordays, starting on (date).....