













When I stop smoking...

My day	What will I do instead of smoking?
 <p>Morning time</p>	
 <p>Tea or coffee</p>	
 <p>Driving</p>	
 <p>Break from children</p>	
 <p>Meal times</p>	
 <p>When stressed</p>	
 <p>On the phone</p>	
 <p>Relaxing</p>	
 <p>Meeting friends</p>	
<p>Other times</p>	
 <p>Before bed</p>	