

20 Cigarettes a Day		
WEEK 1		
DAY	HONEYROSE	Tobacco
1	3	17
2	5	15
3	6	14
4	8	12
5	8	12
6	10	10
7	10	10
WEEK 2		
DAY	HONEYROSE	Tobacco
8	10	8
9	10	7
10	10	6
11	10	5
12	9	3
13	8	2
14	7	1
WEEK 3		
DAY	HONEYROSE	Tobacco
15	6	0
16	5	0
17	4	0
18	3	0
19	2	0
20	1	0
21	0	0

10 Cigarettes a Day		
WEEK 1		
DAY	HONEYROSE	Tobacco
1	2	8
2	3	7
3	4	6
4	5	5
5	6	4
6	6	4
7	7	3
WEEK 2		
DAY	HONEYROSE	Tobacco
8	6	2
9	5	1
10	4	0
11	3	0
12	2	0
13	1	0
14	0	0
WEEK 3		
DAY	HONEYROSE	Tobacco
15	0	0
16	0	0
17	0	0
18	0	0
19	0	0
20	0	0
21	0	0

REMINDER: ALWAYS CHECK WITH YOUR DOCTOR OR HEALTH PRACTITIONER BEFORE TAKING UP NEW EXERCISES OR SIGNIFICANTLY CHANGING YOUR LIFESTYLE