

STOP SMOKING PLAN

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

REMEMBER: Smoking Honeyrose or any other product damages your health and it is still your responsibility to decide whether to consume Honeyrose or not. We still strongly recommend to consult with your doctor before making any decision. Our Stop Smoking Plan is just a recommendation and cannot be construed as a warranty.