



break free
No Smoking day 2010
 nosmokingday.org.uk



Stop Smoking Buddy

Kicking the smoking habit can be very hard, so it can really help to have another quitter to turn to for support – or a moan, or a laugh!

Use this form to keep a note of your quitting buddy's contact details and give them yours.

Name:

Quit date:

NRT product I'm using:
 More info about me:

Contact me by

Home phone number (please don't phone after)
 Call to mobile number (please don't phone after)
 Text to mobile number
 Email daytime.....evening/weekend.....

Name:

Quit date:

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Home phone number(please don't phone after)
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Good luck and don't forget to call each other and use the No Smoking Day forum where there are many more quit buddies!

