

DIARIO para dejar de FUMAR



Día 1

Cigarrillos, puros o pipas fumados	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A form consisting of 12 horizontal grey bars stacked vertically, intended for writing reasons for smoking. The bars are uniform in length and height, providing a structured space for text entry.

Día 2

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A form consisting of 12 horizontal grey bars stacked vertically, intended for writing reasons for smoking. The bars are uniform in height and width, providing a structured space for text entry.

Día 3

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A series of 11 horizontal grey bars stacked vertically, providing space for writing the reasons for smoking. Each bar is approximately 25 pixels high and spans the width of the page.

Día 4

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A form consisting of 12 horizontal grey bars stacked vertically, intended for writing reasons for smoking. The bars are uniform in length and height, providing a structured space for text entry.

Día 5

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A series of 12 horizontal grey bars stacked vertically, providing space for writing the reasons for smoking. Each bar is approximately 25 pixels high and spans the width of the page.

Día 6

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A form consisting of 12 horizontal grey bars stacked vertically, intended for writing reasons for smoking. The bars are uniform in height and width, providing a structured space for text entry.

Día 7

Cigarrillos, puros o pipas fumado	Hora del día y qué estaba haciendo
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Razón para fumar este cigarrillo, puro o pipa

A form consisting of 12 horizontal grey bars stacked vertically, intended for writing reasons for smoking. The bars are uniform in height and width, providing a structured space for text entry.

