

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 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 most of the width of the page.

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 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 most of the width of the page.

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

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



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