

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 11 horizontal grey bars stacked vertically, providing space for writing the reasons for smoking. The bars are uniform in length and height, and are separated by small gaps.

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 ten horizontal grey bars stacked vertically, intended for writing the reasons for smoking. Each bar is approximately 20 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 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 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 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 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 uniform in length and height, and they are separated by small gaps.

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 11 horizontal grey bars stacked vertically, providing space for writing the reasons for smoking. The bars are uniform in length and height, and are separated by small gaps.

