

9:30

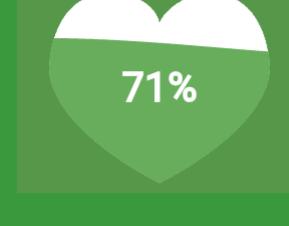


Quit Smoking with Cai



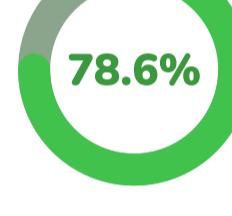
Time smoke Free

15d 1h 46h 34s



Your health is recovering ...

Your health improvements



Risk of developing lung cancer at same level as a non-smoker.

Tips: Deep breathing is the best way to eliminate cravings.

Quit Smoking Diary

Day 15

Chat: Chat with AI

9:30



Settings



Log in



Change quit date

4/10/2020 1:30



Change smoking data

9:30



Statistics



Time smoke free

15d 1h 46h 34s



To be a non-smoker

71%



Life gained

2d 20h 20s



Money saved

Tap to setup



Health improvements



Your blood pressure, pulse rate and the temperature of your hands and feet are beginning to return to normal.



Remaining nicotine in your bloodstream has fallen to less than half of normal peak daily levels.



Carbon monoxide and oxygen levels back to normal.



Sudden death risk lowered.



Taste and smell senses regained.



Standardization of respiratory function.



Elimination of physical dependence on nicotine.



Elimination of physical dependence on nicotine.



Elimination of physical dependence on nicotine.



Elimination of physical dependence on nicotine.



Elimination of physical dependence on nicotine.



Tips



Deep breathing is the best way to eliminated cravins.

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Diaries



Day 01: summary title summary title summary title
summary title

Day 05: summary title summary title summary title
summary title

Day 05: summary title summary title summary title
summary title

Day 05: summary title summary title summary title
summary title

Day 05: summary title summary title summary title
summary title

Day 05: summary title summary title summary title
summary title

Day 14: I made it!!!!!!!!!!!!!!

Day 21: I made it!!!!!!!!!!!!!!

Day 21: I made it!!!!!!!!!!!!!!

Day 21: I made it!!!!!!!!!!!!!!

Day 99: I made it!!!!!!!!!!!!!!

Day 99: I made it!!!!!!!!!!!!!!



Diary





You

I've recently quit smoking. What can I do to manage my cravings and ensure I don't relapse?



AI Assistant

Congratulations on taking a significant step towards a healthier lifestyle! Managing cravings can be challenging, but there are several strategies you can employ. First, identify your triggers and find ways to avoid or cope with them. Engaging in physical activity, such as going for a walk or exercising, can help reduce cravings. Drinking water or chewing gum can also keep your mouth busy and help reduce the urge to smoke. Additionally, consider seeking support from quit smoking groups or counseling, which can provide motivation and techniques to stay smoke-free. Remember, it's normal to experience cravings, but they will decrease in intensity and frequency over time. Stay committed to your decision to quit, and celebrate your