

Recents | All



Nikhil Mishra

10:15 PM

7 days smoke free right now. It's really hard to deal with withdrawl but having you all and seeing your progress makes me move forward. Even though sometiemes its irrestible and i accidentally pop some cigerates out of the pack but then I remeber why I started to quit.



Shivam Roy

10:15 PM

Very amazing app which helped me keep my cravings in check

Shreya Gupta



Latest Community Posts

The day I decided to go smoke free, it was very tough for me to resist the urge but once I look at the people who have achieved great milestones it engages a competitive motivation to not smoke and hence I am smoke free since 10 days and hope this streak lasts longer than ever.

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Very amazing app, which helped me keep my cravings in check. This app created visual representations showing my progress over time, as well as my health benefits from quitting smoking. Whenever I felt like giving up, I would go on this app and remind myself why I quit smoking in the first place.



Shreya Gupta

10:15 PM

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Nikita Singh



Profile

Natasha Mehta

natasha_mehta

Joined July 2019



You're doing great! Keep it up.

You will be down to 1 cigerate on **15th July 2021**.



Down to 5 cigerates!



60 cigerates less.



Saved 1000 INR.



Won 100 mins.

Your Progress Card

7 Days

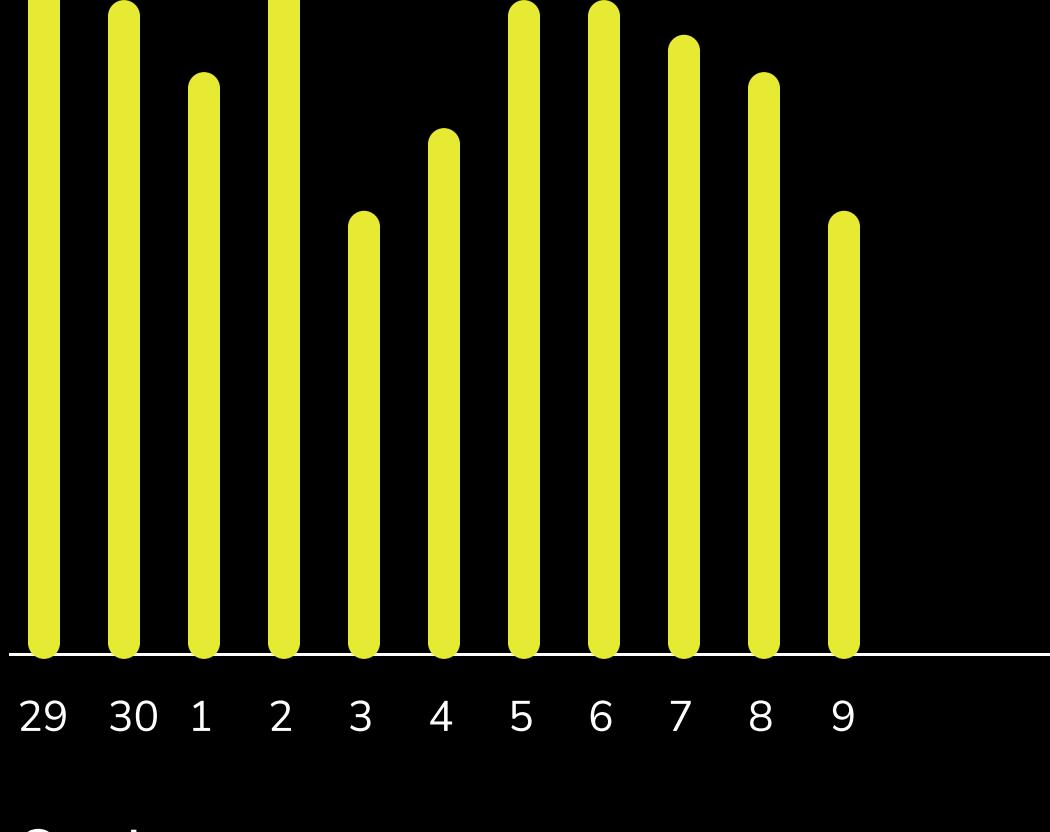


29 March-11 April

Avg. cigerates

5

8 cigerates



Cravings





Quit Easy 22:07

Down to 5 cigerates. Great progress buddy!
Want to pay me a visit?



WE CAN DO THIS!

Let's begin together on our smoke-free journey.

Login

Email

Password

[Forgot Password?](#)

[Login](#)

New Here? [Register](#)



WE CAN DO THIS!

Let's begin together on our smoke-free journey.

Register

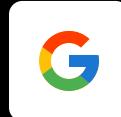
Full Name

Email

Password

Register

Already a Member? [Login](#)



Let's begin!

Tell me about you so I can tailor the plan according to your habits!

What would you like us to call you?

Natasha Mehta

When did you started smoking?

6

years

months

ago

How much does a pack cost?

100

INR- Indian Ruppees



How many are there in a packet?

12

How many you smoke each day?

5 - 8



When you took decision to quit?

12-06-2001



Reset

Save

How have you been feeling lately?

Happy

Sad

Stressed

Don't Know

Skip

What motivates you to quit smoking?

Family

Beauty

Fitness

Money

Write your own !

Skip

When do you wake up?

8:30 - 9:30 AM



How soon after you wake up do you smoke ?

2 hrs



- Enable it so I can send you reminders and keep us on right track.

Done!



47%

Good things take time! So do quitting.

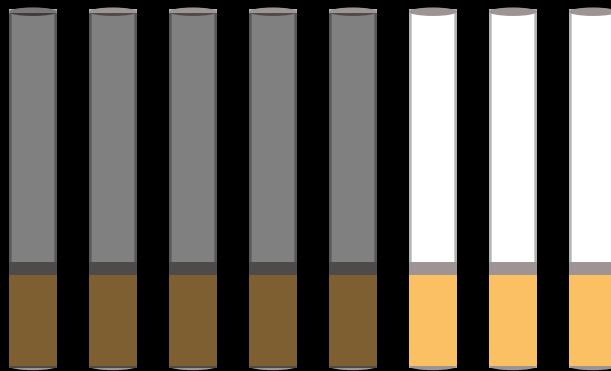
Wait a minute. we are personalizing the feed according to you routine.

Day 17

Next one at: 3:00PM

5/8

[Edit Goal](#)



Yay! You're on the right track!

Just follow our small break reminders and you will be down to 1 cigarette on **15th July 2021.**

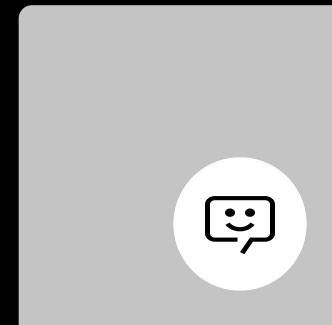
Doing great! Please aim to not take extra puff before the next break :)

Craving?

We have a surprise in-store for you!

Stories of tailored for you

We know it's not easy to quit. But this time it will be different.

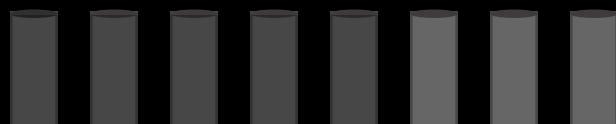


Day 17

Next one at : 3:00PM

5/8

[Edit Goal](#)



Calm down and take few deep breaths.

Loading your surprise in just few seconds ...

Stories tailored for you

We know it's not easy to quit. But this time it will be different.



Cravings Corner

Rub me to know something exciting !

Still Craving?

Satisfied!



Cravings Corner

Scratch me to know something exciting !



Still Craving?

Satisfied!



Did you smoke?

Yes

No!



Yay! We did it.

I want to quit smoking because I value my relationship and health.

You will be down to 1 cigarette on
1st July 2021.



The Conqueror

Controlled your craving for the **25th** time

Would you like to provide me some information about your craving as we are in this together so I can personalize our experience.

Sure

Nah! I'm fine



Yay! We did it.

I want to quit smoking because I value my relationship and health.

You will be down to 1 cigarette on

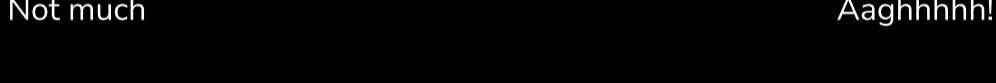
1st July 2021.



The Conqueror

Controlled your craving for the **25th** time

How strong was your desire to smoke?



Not much

Aaghyyyy!

Can you please tell me your reason for craving?

Stress

Alone

Peers

Hungry

Write your own !

Submit



It's Okay!

Remember the purpose why you are here and slowly follow the process. I am sure that we will achieve our goal together.

I want to quit smoking because I value my relationship and health.



It's fine to relapse, 70% of us do. But don't make it a habit. Gear up again and move forward.

Would you like to provide me some information about your craving as we are in this together so I can personalize our experience.

Sure

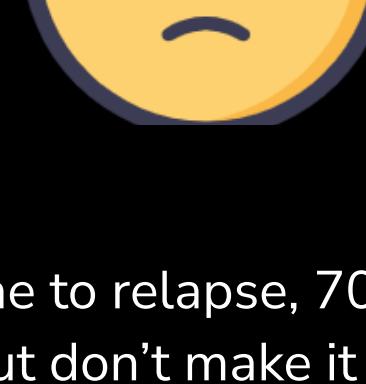
Nope, one time thing.



It's Okay!

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It's fine to relapse, 70% of us do. But don't make it a habit. Gear up again and move forward.

How many ciggerates do you smoke?

2



So you smoked! Not a disaster and you don't have to return to full-blown smoking if you don't want to. So here are two options:-

Change your quit date

Don't change it

Do you need a bit of extra help?

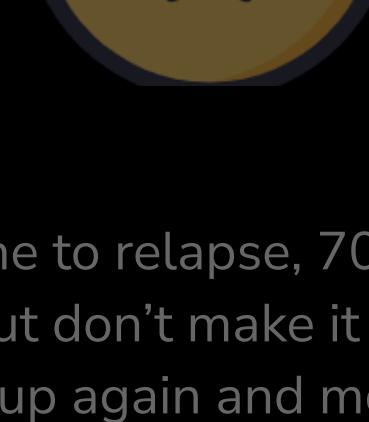
Call helpline



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▼

So you smoked! Not a disaster and you don't have to return to full-blown smoking if you don't want to. So here are two options:-

x

We will again re-calculate the values on your dashboard and the day you will be down to one cigerate. Choose this one when you think it's very difficult to resist smoking for you.

Do you need a bit of extra help?

Call helpline

