The BravoBee Program

V. Track Your Daily Progress

The Program creates powerful momentum that does the quitting for you, so simply follow the program daily and track your progress.

Add Date	Tap into Secret Support Group			Overcome the Ostrich Effect			Write Custom CBT Phrases	Reward Yourself	
	1st friend	2nd friend	3rd friend	1st clip	2nd clip	3rd clip		Daily	Total
Jun-25	Jack	John	Amanda	Dan McLaughlin	Smokers Lungs	Terrie H	1/2 page	$5	$37