



(<https://itunes.apple.com/app/quitguide/id411766556?>

mt=8)



(<https://play.google.com/store/apps/details?>

id=com.mmgct.quitguide2&hl=en)



(/apps-quitstart) quitSTART is a free app made for teens who want to quit smoking, but adults can use it too. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live

a healthier life.

quitStart App (<https://itunes.apple.com/us/app/quitstart/id494552000?>

mt=8) helps you:

- Get ready to quit with tips and information to prepare you for becoming smokefree
- Monitor your progress and earn badges for smokefree milestones and other achievements
- Get back on track if you slip and smoke
- Manage cravings and bad moods in healthy ways
- Distract yourself from cravings with games and challenges
- Store helpful tips, inspirations, and challenges in your Quit Kit
- Share your progress and favorite tips through social media

Available for download on:



(<https://play.google.com/store/apps/details?>

id=com.mmgct.quitstart)



(<http://itunes.apple.com/us/app/quitstart/id494552000?mt=8>)

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# Smokefree Apps



Get 24/7 help with a Smokefree app for your smartphone. These free apps give you the support and skills you need to get ready to quit and stay smokefree. Explore the apps to discover the features that will be most helpful for your smokefree journey.



(/apps-quitguide) QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree. New to QuitGuide in 2016 is the ability to track cravings by time of day and location. Get inspirational messages for each

craving you track, which keep you focused and motivated on your smokefree journey.

QuitGuide (<http://smokefree.gov/apps-quitguide>) helps you:

- Track craving and slips by times of day and location
- Track your mood and smoking triggers
- Stay motivated with inspirational messages
- Identify your reasons for quitting
- Get tips and distractions for dealing with cravings and bad moods
- Monitor your progress toward achieving smokefree milestones
- Create journal entries

Available for download on: