

[Date]

Dear [Recipient Name],

Congratulations on reaching your first major milestone: seven full days without smoking! This is often the most challenging week of the entire journey, and you should be incredibly proud of your determination.

Over the last seven days, your body has already begun to heal. Your heart rate has stabilized, your carbon monoxide levels have dropped to normal, and your sense of taste and smell are likely starting to improve. While cravings and withdrawal symptoms can be difficult, remember that they are temporary signs that your body is recovering.

### **Your Progress at a Glance:**

- **Days Smoke-Free:** 7
- **Health Improvement:** Lung function is beginning to increase.
- **Milestone Achieved:** Nicotine is now completely out of your system.

As you move into the second week, continue to use your support systems and stay mindful of your triggers. You have already proven that you have the strength to choose your health over a habit.

Keep up the amazing work. You are well on your way to a healthier, smoke-free life.

Best regards,

[Your Name/Organization Name]