

# Progress Update for Smoking Cessation Program

Date: [Insert Date]

Dear [Participant's Name],

We hope this message finds you well. We are writing to provide you with an update on your progress in the Smoking Cessation Program.

## **Progress Summary:**

- Start Date: [Start Date]
- Current Smoking Status: [Current Smoking Status]
- Number of Days Smoke-Free: [Days Smoke-Free]
- Support Sessions Attended: [Sessions Attended]
- Next Follow-Up Session: [Next Session Date]

Congratulations on reaching this milestone! Your commitment and determination are commendable.

We encourage you to continue utilizing the resources provided in the program, and to reach out if you need support or additional strategies to stay on track.

Best regards,

[Your Organization's Name]

[Your Contact Information]