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My name is Hunter Savage...I'm 23.

Since I was 16 was when I really started smoking, uhmmm...the longest I've successfully quit was probably, maybe a month?

Probably at my worst I was smoking a pack and a half, two packs a day because I just really enjoyed doing it.

With quitting smoking I think everybody is waiting for a kind of a big "Ah Ha!" moment. I've realized that that just isn't reality...that's not the way it goes, you...not everybody has those moments and...I don't know.

Text

Gooooood Morning! Good Morning. So, I was thinking about something the other day; quitting smoking I think is...obviously a huge component of success with it is to change your...change your daily routines - Doing things you wouldn't expect yourself to do otherwise. So, at that, there is something that I've always wanted to try...that I've never been able to and that's karaoke.

[Hunter sings karaoke]

Text

So, I play music in a band and I am getting ready to go up there to record. There is always something that a lot of...a lot of smoking that goes on.

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Last night I smoked probably three cigarettes, I think the night before that, I smoked a couple cigarettes. You have to allow for backslides, but I don't th...I think... [clears throat] excuse me, I've been a little to free with the backslides. So, um I am renewing my vigor with it and I'm gonna get...get back into it. I'm gonna hit it again...harder. Wish me luck.

It's brisk, it's chilly outside! So, this is for the vlog...I'm not smoking.

Text

So we are in the middle of a jog. I stopped at a nice place to sit down for a minute and just give a close-out. You know, like I said, I'm probably still gonna have to deal with this...have to struggle with this for a while, but uhm ...I've shown myself that I can actually do it which is the most important thing I think. I don't have to carry as much stuff with me anymore, which is nice, because I'm a dude and I don't really carry a purse. Definitely saving money and feeling better really...than I've ever felt. As far as...I've stopped coughing up that crap so that's definitely good. Um, I've lost weight, probably because I've been running so much but that's always a plus. I feel like I've got more energy, more drive to do stuff. So even if I have problems with it, even if I start to fall back every now and again...its not good, but I've proven to myself that its not a permanent setback that its not something that I just have to deal with...that I can actually do something about it and have some reasonable amount of control over it. So...It's been real!