ToolGPA

NOVEMBER 2026

Smoke Free

The Insider's Guide

Quit-smoking app with progress tracking, missions and an AI coach



Every plan, grade, refund rule and rival among habit trackers, read from Smoke Free's own pages.

Made by 23 Ltd · checked Nov 12, 2026 · toolgpa.com

2.6
GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Smoke Free's own pages, its app-store listings and our grades. Every fact in it is on Smoke Free's page too, where it is kept up to date. Checked Nov 12, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.6

GPA, above 34 of the 64 other habit trackers we grade

Smoke Free is an app for people quitting cigarettes. The free version shows time smoke free, money saved and health improvements, and lets users log cravings. A Pro subscription adds daily missions, an AI Quit Coach chatbot, a user chatroom with advisors and cravings analysis.

To get you started, here are **9 things to know about Smoke Free**, taken from its own pages and our grades.

1 **Best for quitting smoking with a running savings count**

Smoke Free counts time smoke free, money saved and health milestones, and lets you log cravings, all free and ad-free.

2 **What it costs**

Paid plans start at $6.99 (Pro; billing period not shown in the App Store listing).

3 **There is a free plan**

Progress tracking (time quit, money saved, health improvements), cravings diary and tips, which the App Store listing says are free and ad-free.

4 **It runs on 2 platforms**

iOS and Android.

5 **Progress tracking**

Shows time smoke free, money saved, cigarettes not smoked and health improvements.

6 **Cravings diary**

Log cravings with their severity and context to spot triggers and see them decrease.

7 **Quit Coach chatbot**

A Pro feature offering anonymous support, plans for difficult situations and tips for cravings.

8 **A 2.6 GPA, above 34 of 64**

That is against the other habit trackers we grade, on value, the free plan, features, ease of use and platforms.

9 **Keep it**

To replace Smoke Free you would be making an AI model, which you can rent by the request but not make. That is not a weekend's work, with an AI app builder or without one.

Smoke Free at a glance

PRICING
Free plan, from $6.99 (Pro; billing period not shown in the App Store listing)

FREE PLAN
Yes

FREE TRIAL
None stated

RUNS ON
iOS, Android

MADE BY
23 Ltd

CATEGORY
Habit Trackers

OUR GRADE
2.6 GPA, good

The report card

Best for quitting smoking with a running savings count

Smoke Free counts time smoke free, money saved and health milestones, and lets you log cravings, all free and ad-free. The coach chatbot, daily missions, chatroom and cravings analysis are Pro, and the store does not say what billing period its $6.99, $9.99 and $209.99 prices cover.

TOOLGPA REPORT CARD

Smoke Free

Graded Nov 12, 2026

SUBJECT	GRADE	COMMENT
Value for money	C	Pro is listed at $6.99, $9.99 and $209.99 with no billing period shown, so the real cost cannot be pinned down. We grade it as an ordinary price until the vendor says.
Free plan and trial	B	Progress tracking, cravings diary, tips and achievements are free and ad-free. One person could use that alone.
Features	C	Tracking, a craving log, and Pro extras such as a coach and missions. It does the quitting job, but it is a narrow one, and missions stop appearing daily after day 32.
Ease of use	A	4.8 from about 57,000 App Store ratings.
Platforms and integrations	C	iPhone with Apple Watch, and Android. No web version and no integrations listed.

Grade point average — Good, out of 4.0 **2.6**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Smoke Free is for

- ✓ Fits if you are quitting cigarettes and want a count of time and money saved
- ✓ Works for people who want to start on a free version before paying

Who it is not for

- ✕ Skip it if you want one app for all your habits, as it only covers quitting smoking
- ✕ Tight if you stay free, because the chatbot, missions, chatroom and cravings analysis are Pro
- ✕ Watch out: the store lists several Pro prices without a billing period
- ✕ Not for you if you want a web version, as it is iPhone and Android only

Good to know

Good for

- ✓ People quitting smoking who want a running count of time and money saved
- ✓ Anyone who wants guided daily tasks and a coaching chatbot
- ✓ Those who want to start with the free version

Worth knowing

- ⓘ The chatbot, missions, chatroom and cravings analysis are Pro-only, per the FAQ.
- ⓘ The App Store lists several Pro price points without stating the billing period, so the real monthly or yearly cost is unconfirmed here.
- ⓘ Runs on iPhone (with Apple Watch) and Android; the vendor lists no web version.
- ⓘ Focused on quitting smoking only, not general habit tracking.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$6.99

To start. There is a free plan too

Smoke Free has a free plan. Paid plans start at $6.99 (Pro; billing period not shown in the App Store listing).

> **We grade it as an ordinary price until the vendor says.**

From our grade for value for money

FREE

$0

Progress and savings tracking, craving log, tips and achievements.

PRO

$6.99

billing period not shown in the store listing

Pro entries in the listing: $6.99, $9.99 and $209.99. Daily missions, the Quit Coach chatbot, user chatroom and cravings analysis.

The free plan

Progress tracking (time quit, money saved, health improvements), cravings diary and tips, which the App Store listing says are free and ad-free.

Read from apps.apple.com on Nov 12, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

2

Places it runs: iOS and Android

Quit-smoking app with progress tracking, missions and an AI coach. Here is what it does, as its own site describes it, and what it covers: AI features, chat assistant, habit tracking, community.

> **Tracking, a craving log, and Pro extras such as a coach and missions.**

From our grade for features

Progress tracking

Shows time smoke free, money saved, cigarettes not smoked and health improvements.

Cravings diary

Log cravings with their severity and context to spot triggers and see them decrease.

Quit Coach chatbot

A Pro feature offering anonymous support, plans for difficult situations and tips for cravings.

Daily missions

Pro includes short daily tasks; the FAQ says missions stop appearing daily after day 32.

Chatroom with advisors

Pro includes a user chatroom where advisors drop in four times a day for group discussions.

Blitz Your Quit

A separate, paid expert-advisor program described in the App Store listing, not part of Pro.

Where it runs

iOS Android

What it works with

Its own pages name no integrations.

Smoke Free is made by 23 Ltd.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

34/64

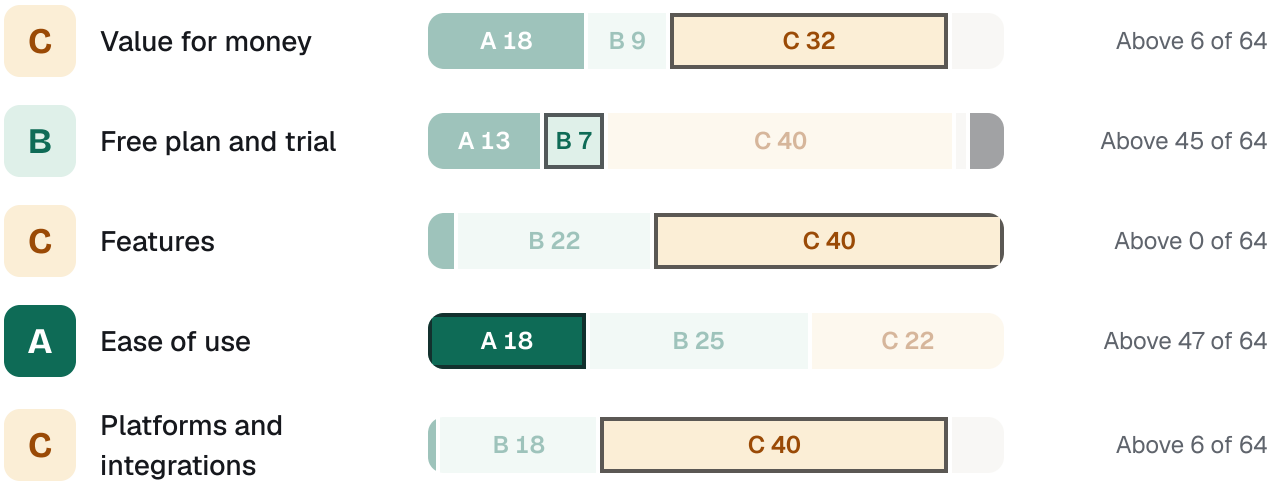
Other habit trackers it is graded above

Smoke Free's GPA of 2.6 is higher than 34 of the 64 other habit trackers we grade, and level with 7.

It stands best on ease of use (A, above 47 of 64) and worst on features (C, above 0).

Each grade against the category

Every bar is all 65 habit trackers we grade, cut by the letter each got. Smoke Free's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

To replace Smoke Free you would be making an AI model, which you can rent by the request but not make. That is not a weekend's work, with an AI app builder or without one.

What you could make

- Habit tracking: an app builder makes this well.

What you could not

- An AI model, which you can rent by the request but not make.
- A members' space with posts, chat and events that people keep coming back to.
- A real app for iOS and Android. Something home-made would be a web page.
- People on the other end: coaches. No app builder makes those.

What this rests on. Smoke Free's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



I Am Sober, Quitzilla, Streaks, Habitify and Finch

The 5 tools Smoke Free is most often weighed against, with where each one differs from it.

2.8 GPA

I Am Sober

Free plan · from $9.99/mo

Sobriety counter with daily pledges and a recovery community.

- Smoke Free also covers chat assistant and community.
- I Am Sober also covers daily notes.

Smoke Free and I Am Sober compared in full

2.2 GPA

Quitzilla

Free plan · from $5.99/mo

Quit tracker that counts sober time and money saved per habit.

- Quitzilla can be bought with a one-time purchase.
- Smoke Free also covers chat assistant and community.

Smoke Free and Quitzilla compared in full



2.4 GPA

Streaks

From $5.99 one-time

Habit tracker for Apple devices built around daily streaks.

- Smoke Free has a free plan. Streaks does not.
- Only Smoke Free lists an Android app.
- Only Streaks lists a macOS app.

Smoke Free and Streaks compared in full



2.8 GPA

Habitify

Free plan · from $29.99/yr

Cross-platform habit tracker with health-data sync and an API.

- Only Habitify lists a web app.
- Only Habitify lists a macOS app.
- Smoke Free also covers chat assistant and community.

Smoke Free and Habitify compared in full



3.4 GPA

Finch

Free plan · from $5.99

Self-care app that ties daily goals to a virtual pet bird.

- Smoke Free also covers chat assistant and community.
- Finch also covers daily notes, goals and mood tracking.

Smoke Free and Finch compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

10

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Smoke Free free?

Smoke Free has a free plan. Progress tracking (time quit, money saved, health improvements), cravings diary and tips, which the App Store listing says are free and ad-free.

How much does Smoke Free cost?

Smoke Free lists 2 plans. Free: $0.

What platforms does Smoke Free work on?

Smoke Free is available on iOS and Android.

Does Smoke Free have a Windows app?

No Windows app was listed when its pages were read on Nov 12, 2026. Smoke Free is listed for iOS and Android.

Does Smoke Free have a macOS app?

No macOS app was listed when its pages were read on Nov 12, 2026. Smoke Free is listed for iOS and Android.

Is Smoke Free open source?

Smoke Free is not described as open source on its own site, as read on Nov 12, 2026.

Who makes Smoke Free?

Smoke Free is made by 23 Ltd.

What are the alternatives to Smoke Free?

The closest alternatives to Smoke Free in our directory are I Am Sober, Quitzilla, Streaks, Habitify and Finch.

How does Smoke Free compare with other habit trackers?

Smoke Free's GPA of 2.6 is higher than 34 of the 64 other habit trackers we grade, and level with 7.

Could I make my own version of Smoke Free?

To replace Smoke Free you would be making an AI model, which you can rent by the request but not make.

Where this guide comes from

The prices, plans, platforms and features were read from Smoke Free's own pages on Nov 12, 2026, and the grades were given on Nov 12, 2026. Graded from this listing, whose facts were read from Smoke Free's own pages on 12 November 2026, and its App Store rating. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by 23 Ltd. Prices change, so check smokefreeapp.com before you buy.

smokefreeapp.com/
smokefreeapp.com/about-us/
play.google.com/store/apps/details?id=com.porta…
smokefreeapp.com/faq/
apps.apple.com/us/app/smoke-free-quit-smoking…

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Smoke Free, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/smoke-free

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Smoke Free: The Insider's Guide",
checked Nov 12, 2026.
https://toolgpa.com/tools/smoke-free
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Know someone choosing between habit trackers?

Send them this guide:
toolgpa.com/tools/smoke-free/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after Smoke Free, each with an Insider's Guide of its own.

Habit Trackers Insider's Guide

Every one of the 65 habit trackers we grade, compared



Finch Insider's Guide

Self-care app that ties daily goals to a virtual pet bird

3.4 GPA



Habitica Insider's Guide

Habit and task tracker that works like a role-playing game

3.4 GPA



Habit Star Insider's Guide

Habit and routine app for iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Smoke Free's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Smoke Free is a trademark of its owner, and this guide is not made, paid for or approved by 23 Ltd. Prices and plans change: check smokefreeapp.com before you buy.