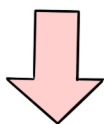


YOUR PLAN TO QUIT TOBACCO



What's your planned quit date?



Who do you plan to talk to about your addiction? (It can be anyone!)

Pick up a new hobby.



Tip: Chew on items like gum when you feel the urge for one puff.

Identify 5 triggers (Reasons you smoke/vape):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Get rid of anything tobacco-related: lighters, ashtrays, cigarettes, etc

Check off when done →



YOU CAN DO IT! TAKE IT ONE DAY AT A TIME.