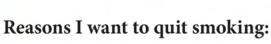


My Plan To Quit Smoking

Write down the reasons you want to quit smoking. Here are some examples:

- To improve my health
- To protect my family
- To have more energy
- To save money





Write down steps you plan to take to quit smoking. For example, you might:

Set a quit date.

My quit date is:





٠	Ask family and friends to help you.
	Names:
٠	Find a local program to help you quit smoking.
ı	Make a list of things to do when you get the urge
Ī	to smoke.

Now is the best time to quit smoking. Don't put it off for later.