

## 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.

- **Reasons I want to quit smoking:**

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

- **Set a quit date.**  
My quit date is: \_\_\_\_\_
- **Ask family and friends to help you.**  
Names: \_\_\_\_\_  
\_\_\_\_\_
- **Find a local program to help you quit smoking.**  
\_\_\_\_\_  
\_\_\_\_\_
- **Make a list of things to do when you get the urge to smoke.**  
\_\_\_\_\_  
\_\_\_\_\_

**Save tobacco for ceremonial use. Live healthy, live longer,  
and live stronger!**