



## MY GOAL

# QUIT SMOKING

Freedom is yours. The time is now.  
This month you quit smoking.

## NOTES:

**RESOURCES:** Create a [Quit Plan](#), download the [Quit Smoking App](#)

**SUGGESTED GOAL PAIRINGS:** Daily 5 Minute Yoga - Daily Meditation

**PROGRESS:** For every day you are smoke free, color in the box. You CAN DO THIS!



MAKE A  
QUIT PLAN



DOWNLOAD  
THE APP



TELL  
FRIENDS &  
FAMILY

