

Why I use tobacco, why I will quit....

Tobacco Quit Line

1-800-QUIT-NOW

toll-free

1-800-784-8669

QUITLINE.COM

My top five reasons to use tobacco are:

My top five reasons to quit tobacco are:

I started using tobacco because: _____

Today, I continue using tobacco because: _____

The best thing that will happen if I quit: _____

The worst thing that will happen if I quit: _____