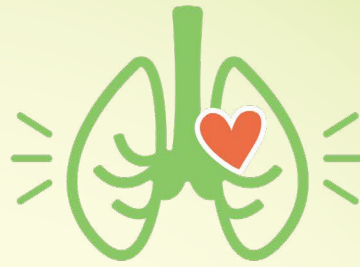


Breathe

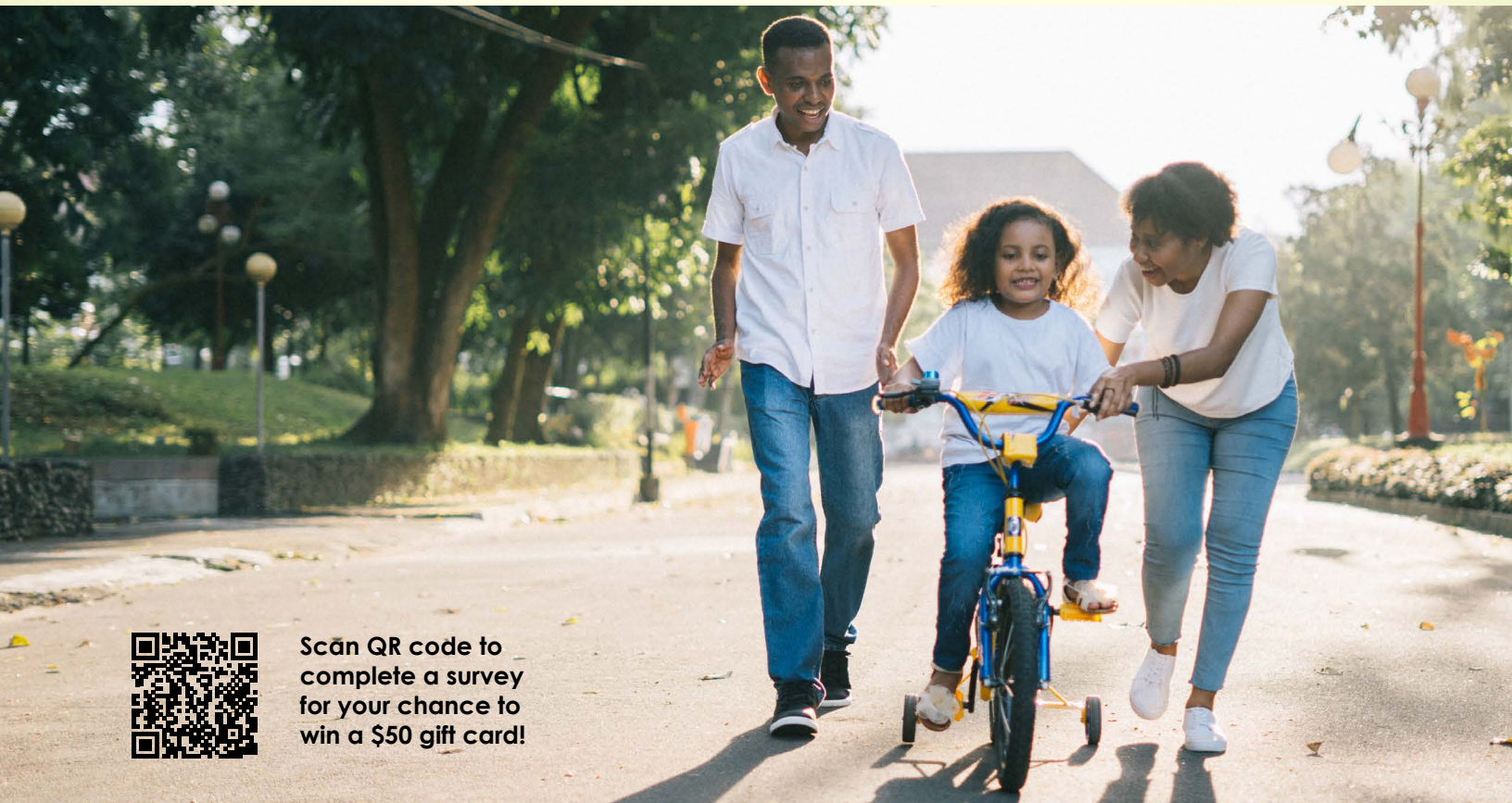
Healthy Steps to
Living Tobacco Free



Interactive Journal Pages

How to use these journal pages:

1. Download the page you need. Choose your topic based on the needs of the person/people with whom you are working.
2. Print the page(s).
3. Go through the information and activities one-on-one with parents or in small groups.
4. If you are short on time, explain the topic and then ask them to complete the activities in their own time.
5. Recommended: Follow up with them to answer any questions and to see if they are still working towards their goals.



Scan QR code to
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for your chance to
win a \$50 gift card!



Developed by McMillen Health in partnership with Health Ed Pros