

Name: _____ Date: _____

Check in on Your Progress to be Smoke Free

You are doing a great job! Making the decision to be smoke free is a healthy choice for you and your family. Even if you've had a setback, getting back on track is impressive!



What have you accomplished so far in your journey to quit smoking?



What steps have you taken to give your child a smoke free life?



What barriers have you encountered? Have you been able to overcome them or do you need more help?



What steps do you need to take next?

As you continue your smoke free journey, keep thinking of all the things that have improved in your life so far. These thoughts will help you stay motivated to keep going!

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.