

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Taking Action Towards Goals (Action Plan)

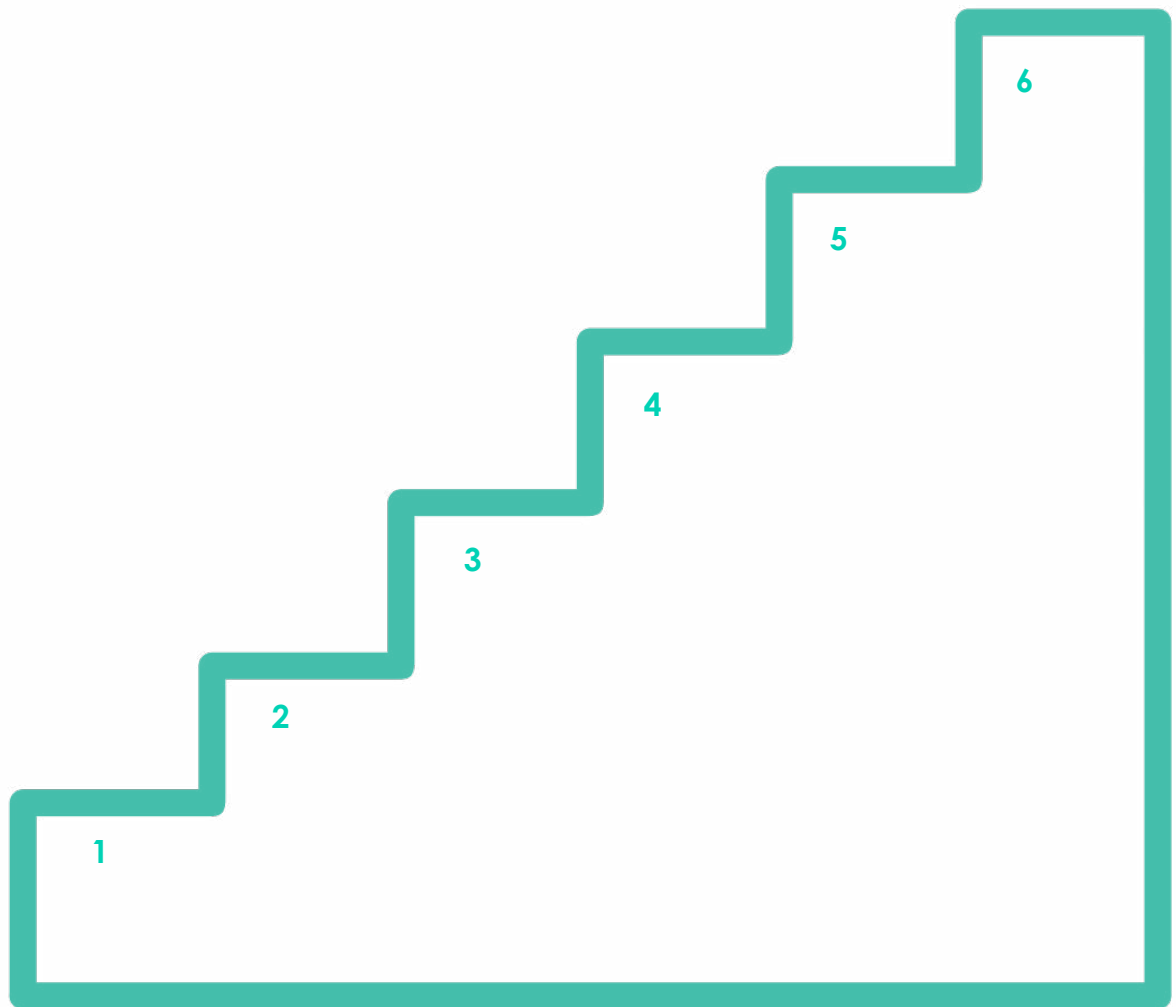
 Once you decide to quit smoking/vaping and protect your family's health, it's time to take action! Fill out the steps you need to take to reach 1 SMART goal. Copy the page for any additional goals you want to plan.

First, write down your SMART goal – this should be Specific, Measurable, Achievable, Relevant, and Time-bound.

Example: I will call Quit Now Indiana tomorrow morning to learn tips to start quitting.

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Now, think about the steps you will need to take to reach your goal. Write one step on each of the steps below:



**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](http://equitnow.com) for free, personalized support.