

# I'm Quitting!

## Reasons I want to quit:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How I will quit:

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## Who can help me quit:

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## What may be hard:

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## Benefits of quitting:

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**Talk to your doctor to get help with quitting.**

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into [equitnow.com](http://equitnow.com)



LEARN MORE

Tips for  
Quitting  
Smoking

