

My Reasons to Quit

Here are some of the reasons why I, _____, want to quit being a tobacco user.

Example: *I want to stop using tobacco to save \$3,000.00 per year. That's about what it costs to smoke 1½ packs of cigarettes a day.*



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____
