

**My Goal Statement:**

**I want to make a change!**

I want to stop smoking "Cold Turkey":

- Quit date: \_\_\_\_\_

I want to cut down on my smoking by:

- \_\_\_\_\_

\_\_\_\_\_

- Start date: \_\_\_\_\_

- Achievement Date: \_\_\_\_\_

**TIP:** If you are not ready to quit yet, think about what a small goal might be and keep tracking your progress.  
Examples: not smoking in the car, be smoke free for a three hours period every day, smoking only half the cigarette, etc.