



# Breathe Easy Promise

Start Date \_\_\_\_\_

*Your top four personal reasons:*

1 [ \_\_\_\_\_  
\_\_\_\_\_ ]

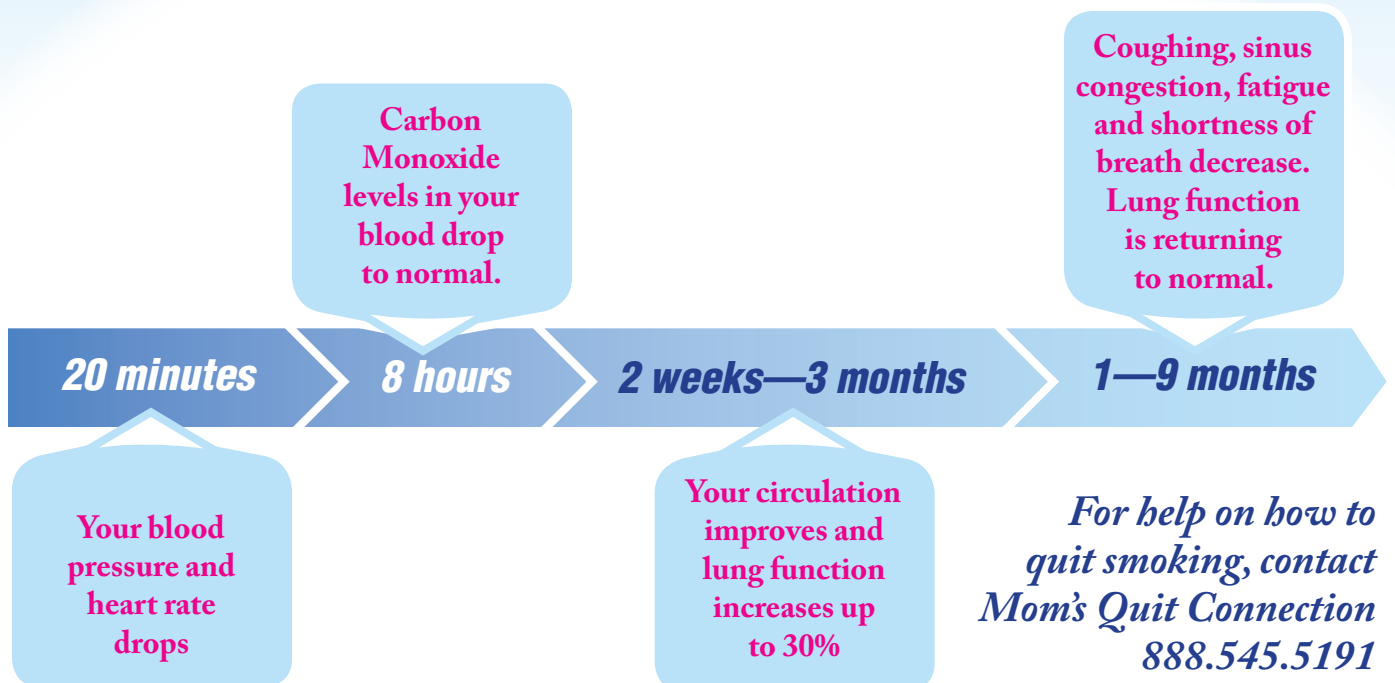
2 [ \_\_\_\_\_  
\_\_\_\_\_ ]

3 [ \_\_\_\_\_  
\_\_\_\_\_ ]

4 [ \_\_\_\_\_  
\_\_\_\_\_ ]

## Recovery Time Line

*When you stop smoking, the positive effects are immediate and lasting*



*For help on how to quit smoking, contact Mom's Quit Connection 888.545.5191*