

My Weekly Strategies and Goal

Time Period

From: _____ / _____ / _____ (today's date)

To: _____ / _____ / _____ (date of next session)

Strategies I Will Use

1. _____
2. _____
3. _____
4. _____
5. _____

Tobacco Use

My current rate is: _____

My goal for the week is: _____