

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: _____