

YOU'VE GOT THIS!

TOBACCO & VAPING TREATMENT TRACKING TOOL

Congratulations on taking the first step to being tobacco and vape-free. This tool can help you track what activities you participated in with a quit coach and My Life, My Quit.

This can be a tool for you to track your journey and also to share with school officials if you need to.

NAME	
IN-PERSON COACHING SESSION #1 (DATE/NOTES)	
MY LIFE, MY QUIT SESSIONS (DATE/NOTES)	
IN-PERSON COACHING SESSION #2 (DATE/NOTES)	

MY LIFE  **MY QUIT**TM

Want more help? You can contact My Life, My Quit anytime online at MyLifeMyQuit.com; via text with "Start My Quit" to 36072, or by calling 1-855-891-9989.