











# ARE YOU READY TO QUIT SMOKING?

	Yes	No
 Do I want to quit smoking for myself?	<input type="radio"/>	<input type="radio"/>
 Is quitting smoking a #1 priority for me?	<input type="radio"/>	<input type="radio"/>
 Have I tried to quit smoking before?	<input type="radio"/>	<input type="radio"/>
 Do I believe that smoking is dangerous to my health?	<input type="radio"/>	<input type="radio"/>
 Am I committed to trying to quit even though it may be tough at first?	<input type="radio"/>	<input type="radio"/>
 Are my family, friends and co-workers willing to help me quit smoking?	<input type="radio"/>	<input type="radio"/>
 Besides health reasons, do I have other personal reasons for quitting smoking?	<input type="radio"/>	<input type="radio"/>
 Will I be patient with myself if I backslide?	<input type="radio"/>	<input type="radio"/>

If you answered "YES" to 4 or more of these questions, you are ready to quit smoking.

GOOD LUCK!  
GOOD LUCK!  
GOOD LUCK!  
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