



Set a quit date.

A quit date means
you are serious.

Write it down and
tell your friends.

Make this the year you quit.
Great American Smokeout

Know your why.
Knowing why you
want to quit will help
you better manage the
urge to vape.

Make this the year you quit.
Great American Smokeout



Identify triggers.

**Write down each
trigger and create a
plan to do something
different.**

Make this the year you quit.
Great American Smokeout



A young man and woman are smiling together, looking at a smartphone. The man is on the left, wearing a pink polo shirt and glasses. The woman is on the right, wearing a pink hijab, glasses, and a pink and red striped shirt. They are both smiling and looking at the phone. The background is blurred with warm, bokeh lights.

**Build a team.
You are not alone.
Tell a friend that
you are quitting and
download quit apps.**

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Healthy snacks.
Grab crunchy snacks.
Eating them will help
you break the hand-
mouth fixation.

Make this the year you quit.
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