

CALENDAR

INSTRUCTIONS: It's time to kick the habit! Use the calendar below to circle a date in the next two weeks when you will quit vaping or break another bad habit! Add stickers and decorate the date with celebratory items! Place other activities you will do to help you get to your goal!

It's a big deal to kick a bad habit and it's important to set a date in the near future so you don't lose sight of your goal.

KICK THE HABIT: MAKE A POSITIVE CHANGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY