WARNING: Quitting is habit-forming.

I AM A QUITTER

1 2 3 4 5 6 7

Seven letters. One for every day of your first week.

Free and confidential help for ages 13 and up

Text EXPROGRAM to 88709

EX Program from Truth Initiative.

Idaho teens 13 to 17 can also text Start My Quit to 36072.

Or call 1-855-891-9989 for a free coach. My Life, My Quit.

Under 13? Talk to your counselor, the school nurse or a parent.

iamaquitter.com

Free to print and post. Made by Chad Kempel, chadkempel.com