

New Year, New Habits

SOUTH DAKOTA
QUIT
LINE

Kick off the New Year with a fresh start and a healthier you! Quitting smoking is one of the best resolutions you can make for your health. Set clear goals, track your progress, and stay motivated as you build new habits. From identifying your triggers to celebrating smoke-free milestones, this planner is designed to help you succeed. Let's make this the year you quit for good!



CHOOSE YOUR QUIT DATE



I pledge to be tobacco-free by:

BUDGET RIGHT!

Use the extra dollars you save each month towards something special for you or a loved one! Reflect on the cost of tobacco use in your life, and plan how much you'll save each month from cutting the habit!



SCAN HERE:



SEEK SUPPORT



You don't have to do it alone! The SD QuitLine provides free cessation resources, such as Nicotine Replacement Therapy, phone coaching, and texting support. Find what works for you and stick to your plan to quit this New Year.