

How Ready Are You to Quit



RATE YOUR READINESS TO QUIT ON A SCALE FROM 0 (NOT READY) TO 5 (EXTREMELY READY).

IMPORTANCE

HOW CRUCIAL IS IT FOR YOU TO QUIT SMOKING NOW?

0		1		2		3		4		5
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NOT VERY

EXTREMELY

CONFIDENCE

ARE YOU FEELING CONFIDENT ABOUT QUITTING SMOKING NOW?

0		1		2		3		4		5
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NOT VERY

EXTREMELY

MOTIVATION

HOW DETERMINED ARE YOU TO QUIT SMOKING NOW?

0		1		2		3		4		5
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NOT VERY

EXTREMELY

Add scores. Total Success Rating Score: _____

“Great job! Now, let’s move to the next page to see your results”

Results: Are You Ready to Quit?

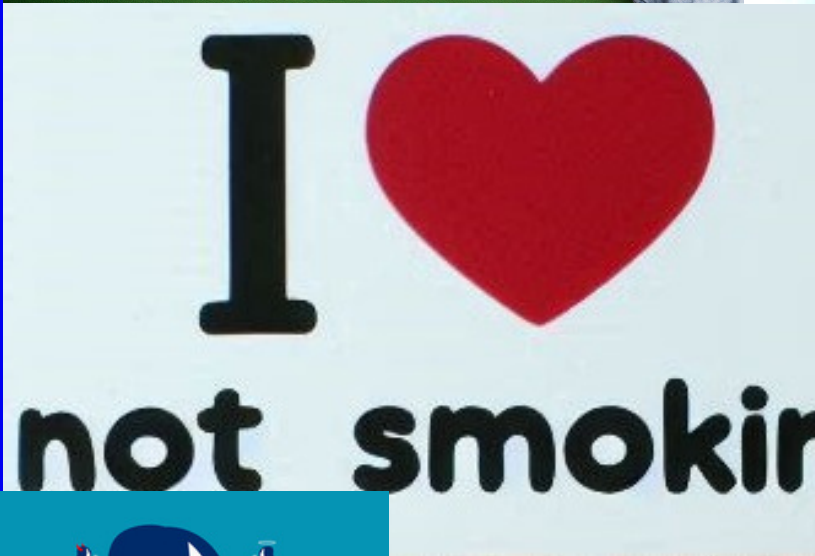
Congratulations on completing the survey!

Your results are below.

Remember , every step you take brings you closer to a smokefree life.

Let's see how ready you are to kick that habit!

What's it gonna be?



RESULTS: ARE YOU READY TO QUIT

THE SMOKEFREE SYSTEM: TAKING BACK CONTROL

THE ULTIMATE GUIDE TO QUIT SMOKING & NOT RELAPSING

12-15

You are eager to learn about strategies to stop smoking and avoid relapsing. This system will provide you with the strategies and knowledge you need to achieve your goal.

9-11

You have been weighing the pros and cons of quitting. This program will help you by enhancing your knowledge about tobacco and its impact on you and society. It's important to work on maintaining or improving your level of readiness.

6-8

You are beginning to consider quitting. Learning more about the harmful effects of tobacco and its additives will boost your motivation to stop smoking. Rate yourself again every week to ensure you are using this program effectively and growing into your new lifestyle.

0-5

You may have received "The Smokefree System" as a gift because someone is concerned about your health and well-being, even if you aren't yet. If you decide to use it, be aware that your brain will not be outwitted twice (learn more in the program). This program is excellent, and you may want to save it until you are ready to quit. I'll be here to help when you need it.

Good health, Quit Coach Sue