 Eat one extra serving of fruit every day before breakfast. Before going to bed each night, write down one thing you want to remember in the morning. Close your eyes, breath deeply and meditate for 30 seconds every day. Wait 10 minutes longer than normal to have your first cigarette each day. Pour out 1/4 of every soda you drink every day. 	 Eat one extra serving of fruit every day before breakfast. Before going to bed each night, write down one thing you want to remember in the morning. Close your eyes, breath deeply and meditate for 30 seconds every day. Wait 10 minutes longer than normal to have your first cigarette each day. Pour out 1/4 of every soda you drink every day. 	
STEP 2: Keep track for 7 days - I can do this! Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7	STEP 2: Keep track for 7 days - I can do this! Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7	
STEP 3: Mail in this card to be recognized for your efforts OEAchoice Trust	STEP 3: Mail in this card to be recognized for your efforts OEAchoice Tru	
STEP 3: Mail in this card to be recognized for your efforts	STEP 3: Mail in this card to be recognized for your efforts	
STEP 2: Keep track for 7 days - 1 can do this!	STEP 2: Keep track for 7 days - 1 can do this!	
STEP 1: Choose a goal. Malk from your house or place of work 1 minute out and 1 minute back on most days. Add 1 minute to each direction every week. Eat one extra serving of fruit every day before breakfast. Before going to bed each night, write down one thing you want to remember in the morning. Close your eyes, breath deeply and meditate for 30 seconds every day. Wait 10 minutes longer than normal to have your first cigarette each day. Pour out 1√4 of every soda you drink every day.	STEP 1: Choose a goal. Walk from your house or place of work 1 minute out and 1 minute back on most days. Add 1 minute to each direction every week. Est one extra serving of fruit every day before breakfast. Before going to bed each night, write down one thing you want to remember in the morning. Close your eyes, breath deeply and meditate for 30 seconds every day. Wait 10 minutes longer than normal to have your first cigarette each day. Pour out 1/4 of every soda you drink every day.	
TAKE A STEP TODAY!	TAKE A STEP TODAY!	

SIMPLEST

Walk from your house or place of work 1 minute out and 1 minute back on most days.

TAKE A STEP TODAY!

Add 1 minute to each direction every week.

SIMPLE

STEP 1: Choose a goal.

SIMPLER

Wait 10 minutes longer than normal to have your first cigarette each day. Pour out 1/4 of every soda you drink every day. P 2: Keep track for 7 days - I can do this! □ Day 2 □ Day 3 □ Day 4 □ Day 5 □ Day 6 □ Day 7 **P 3:** Mail in this card to be recognized for your efforts OEA Choice Trust STEP 3: Mail in this card to be recognized for your efforts □ Day 6 □ Day 5 □ Day 4 □ Day 3 □ Day 2 □ Day 1 STEP 2: Keep track for 7 days - I can do this! □ Pour out 1/4 of every soda you drink every day. Wait 10 minutes longer than normal to have your first cigarette each day. Close your eyes, breath deeply and meditate for 30 seconds every day. Before going to bed each night, write down one thing you want to remember in the ☐ Eat one extra serving of fruit every day before breakfast. Add 1 minute to each direction every week. Malk from your house or place of work 1 minute out and 1 minute back on most day STEP 1: Choose a goal. SIMPLEST SIMPLER SIMPLE **TAKE A STEP TODAY!**

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SIMPLER

SIMPLEST

Walk from your house or place of work 1 minute out and 1 minute back on most days.

SIMPLE

STEP 1: Choose a goal.

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

PLACE RETURN POSTAGE HERE

Name:		
Address:		
City:	State:	Zip:
Email:		

PLACE RETURN POSTAGE HERE

PLACE RETURN POSTAGE HERE Name:

Address:

City:

Email:

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CAR

PLACE RETURN BOATSOG BREH Name:
Address:
City:
State:
Zip:
Email:

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CA