

“G” OR “NG” :

Next time you light up a smoke or grab some chew, stop and think about what you are doing. How are you feeling when you use tobacco? List the things you like about smoking/chewing in the G - Good section below, and then list the things you don't like in the NG - Not Good Section below.

“ G ”

Blank white box for listing things you like about smoking/chewing.

“ NG ”

Blank white box for listing things you don't like about smoking/chewing.