

Quit & Tell



STEP 1

DECIDE TO QUIT

and tell yourself you can do it.

STEP 2

MAKE A PLAN

to quit and tell Tobacco Free Florida and/or your health care provider that you need help.

STEP 3

SET A QUIT DATE

and tell your friends and family you need their support.

STEP 4

START YOUR QUIT JOURNEY

and tell yourself not to give up.

STEP 5

KEEP TRYING

and tell your Tobacco Free Florida and/or your health care provider about your good and bad days.

STEP 6

Quit & Tell us about it!

We are celebrating the **137,000+** Floridians who have quit using TFF's free and proven-effective resources, and we want to celebrate your employees! Quitting is something to be proud of...
SHARE YOUR STORY!

#QuitAndTell
tobaccofreeflorida.com/quitandtell