Handout: Goals around Smoking and Alcohol

Smoking	
Goals	**Notes**
1. Quit Smoking	1.
2.	2.

Alcohol	
Goals	**Notes**
1.	1.
2.	2.

What do I need to achieve these goals?

- _____
- _____
- _____

Is there anything related to my experience with cancer that may make achieving these goals easier, harder, or no different?

- _____
- _____
- _____