



# Smoking Quiz

1. The newer smoking alternatives such as e-cigarettes and “vaping” devices are less addictive than traditional cigarettes.
  - a. True
  - b. False
2. Nicotine is considered a drug and is as addictive as heroin or cocaine.
  - a. True
  - b. False
3. Smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined.
  - a. True
  - b. False
4. Smoking cigarettes only increases the risk of lung cancer.
  - a. True
  - b. False
5. Which of the following is caused by smoking tobacco?
  - a. Cardiovascular Disease
  - b. Peripheral Artery Disease
  - c. Emphysema
  - d. All of the above

3 SMART Goals I am going to change in the next year to **stop smoking**...

- 1.
- 2.
- 3.

**SMART Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.**

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_