**“Where Are You At?” (Part 2)**

1. **On a scale from 1 to 10 (where 1 means not ready and 10 means very ready), how ready are you to change your e-cigarettes/pod vapes? Circle below.**



1. **What sentence best describes where you are at now with regards to changing your e-cigarettes/pod vapes? (Circle one.)**
   1. Not interested in making any changes.
   2. I may consider cutting back
   3. I want to cut back
   4. I want to quit
2. **One goal I have for myself in the next 30 days is…**

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1. **Help I may need to accomplish that goal is…**

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