Write down your reasons for quitting
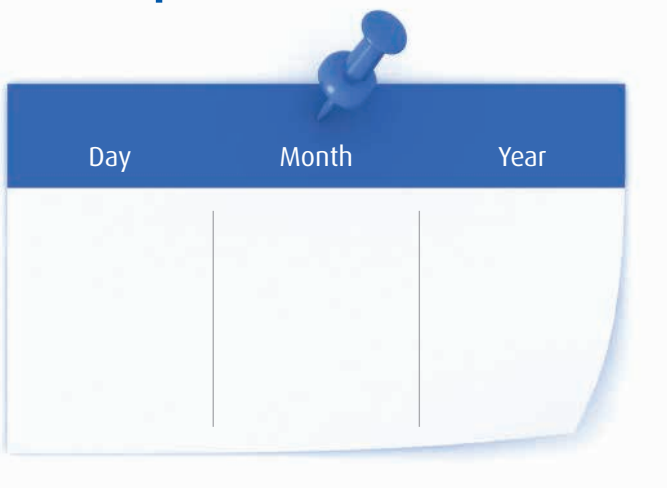
Reason 1

Reason 2

Reason 3

Reason 4

Set a quit date

Day	Month	Year