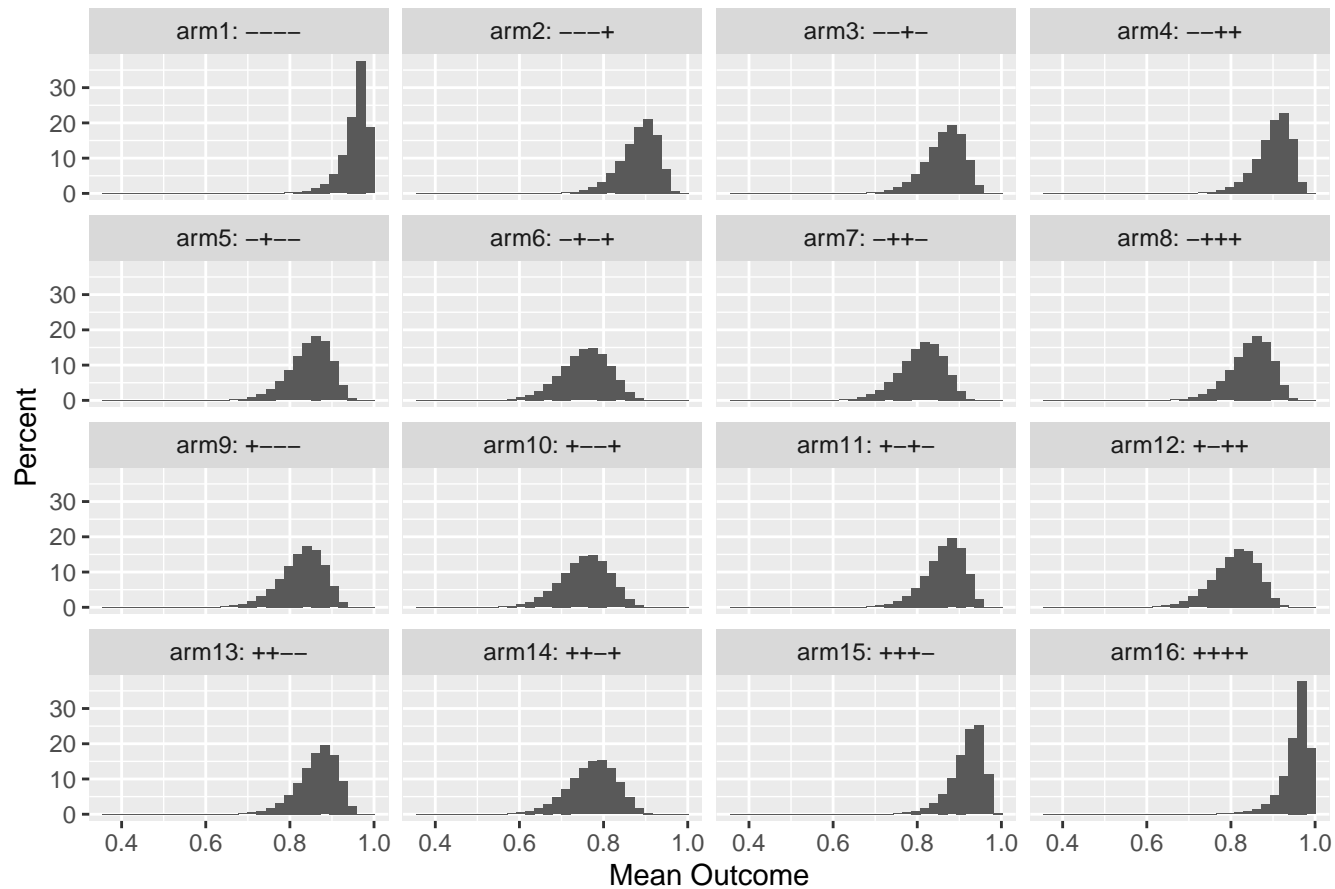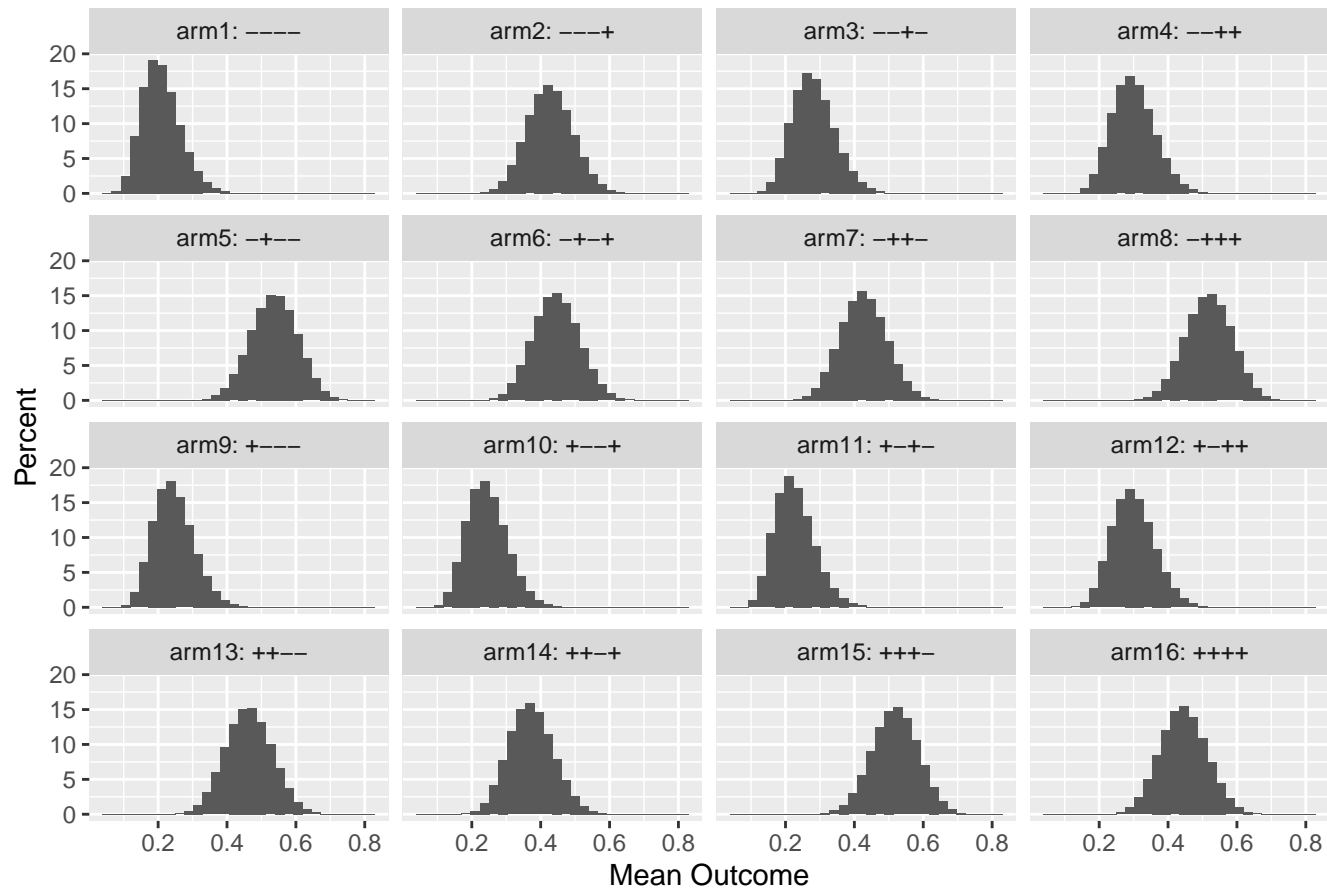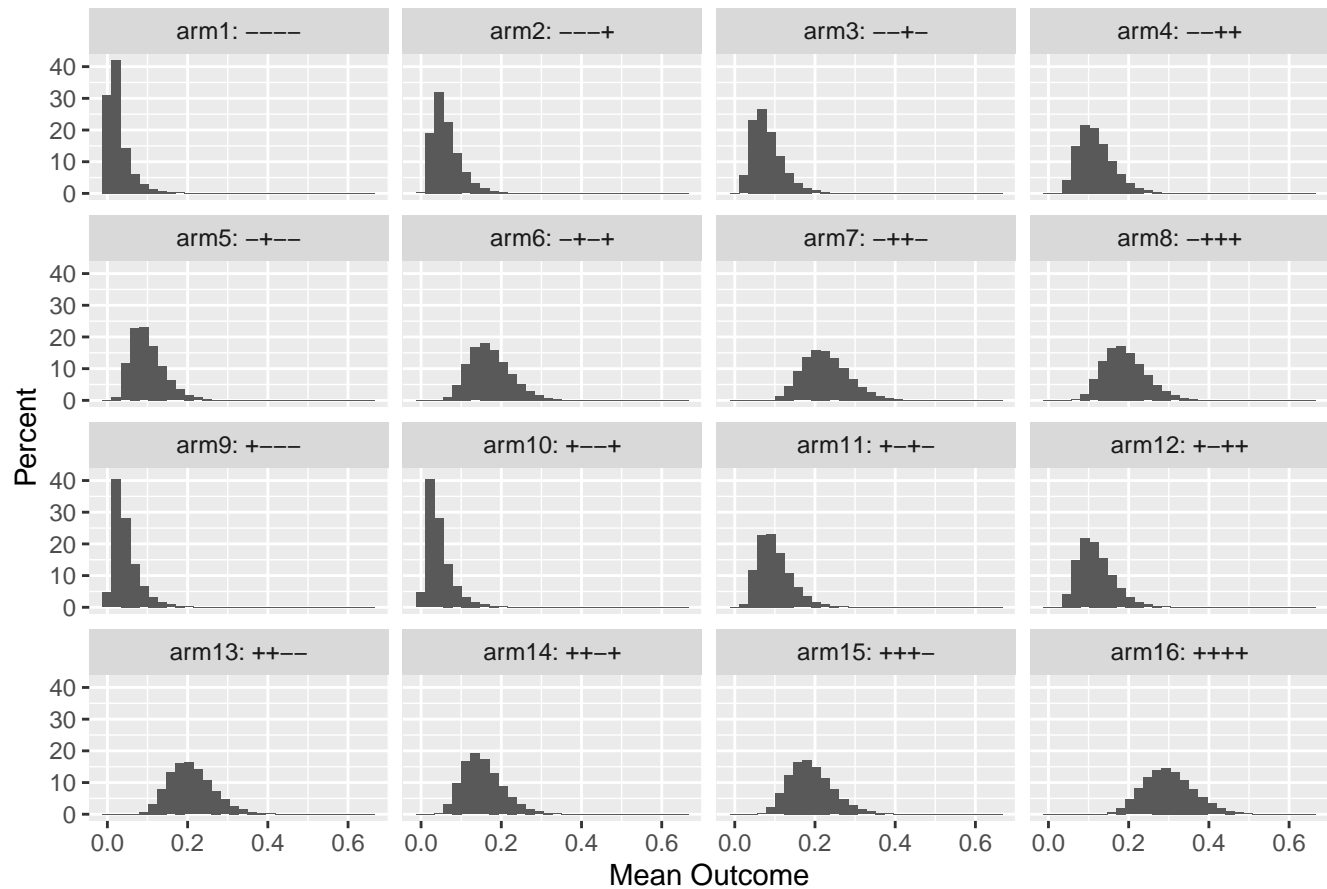# Set Quit Date: Person x Integration x Tailoring x Intensity
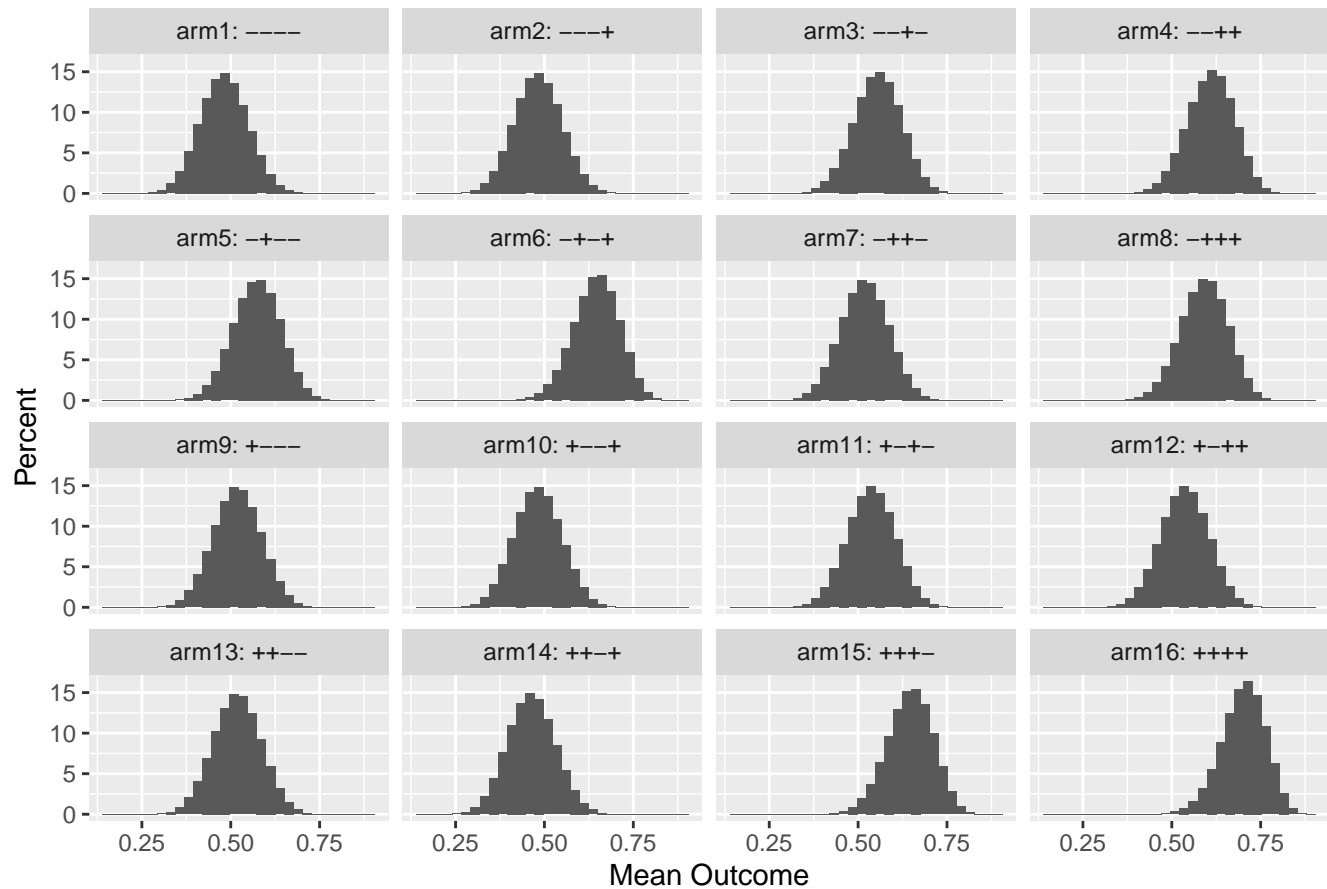
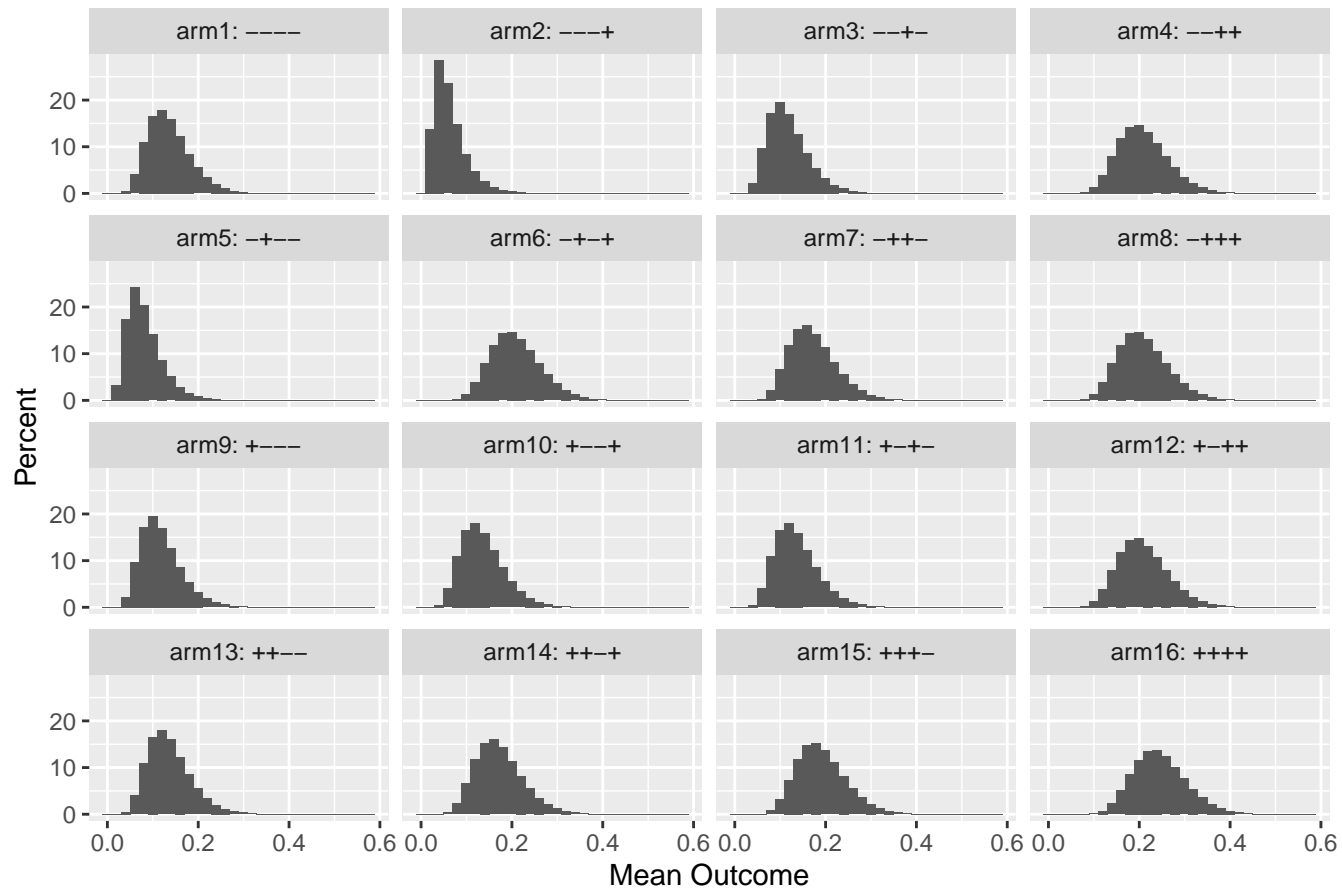Choose Quit Smoking Aid: Person x Integration x Tailoring x Intensity

Build Support System: Person x Integration x Tailoring x Intensity

Track Smoking Triggers: Person x Integration x Tailoring x Intensity

Beat Smoking Triggers: Person x Integration x Tailoring x Intensity

Visit Community: Person x Integration x Tailoring x Intensity