30 DAYS

Vape-Free Tracker

MONTH: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30 DAYS

Vape-Free Tracker

Vapes sold in Australia may say “do not contain nicotine” but do contain nicotine and this causes addiction

Research on vapes have found them to contain chemicals used to preserve dead things, are in cleaning products and also used in paint and in petrol

The flavours found in vapes are harmful chemicals that are causing us mob health problems!

Vaping as a teenager can change the structure and function of the brain

You are doing a great job!

Let’s ditch the vapes to keep our mob safe