



Planning to Quit

One of the keys to successful smoking cessation is a personalized quit plan. The following steps will help you create your own quit plan. Be sure to keep your plan with you over the next few months.

Step One: Pick a Quit Date

When choosing a quit date, sooner is better, but be sure to give yourself a week or two to prepare.

- Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke.
- Log the date somewhere where you will see it every day- on your quit app or your calendar.

I will quit smoking on: _____ / _____ / _____

Step Two: Let Loved Ones Know You Are Quitting

Quitting smoking is easier with support from important people in your life.

- Let them know ahead of your quit date that you are planning to quit.
- Explain how they can help you quit. Be specific about what support you do and don't want.

List the people you'll tell about your plan to quit:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Step Three: Remove Reminders of Smoking

Smoking reminders include your cigarettes, matches, ashtrays, and lighters. Even the smell of cigarettes can cause a cigarette craving.

- Throw away all your cigarettes, matches, lighters, and ashtrays.
- Don't save one pack of cigarettes "just in case."

Step Four: Identify Your Reasons to Quit Smoking

Everyone has their own reasons for quitting smoking. Maybe you want to be healthier, save some money, or keep your family safe. As you prepare to quit, think about your own reasons for quitting.

- Write down the reasons you want to quit. Keep it in a place where you can see it every day.
- If you feel the urge to smoke, review your list. It will keep you motivated to stay smoke free.

List your top reasons to quit smoking:

1. _____ 3. _____
2. _____ 4. _____

Step Five: Identify Your Smoking Triggers

Triggers are activities, situations or places which make you think about smoking. Try to anticipate these smoking triggers and think about ways to deal with them. And remember: most cravings last less than 5 minutes so if you're patient it often passes.

List your top 3 smoking triggers and coping strategy for each trigger:

1. Trigger _____ Strategy _____
2. Trigger _____ Strategy _____
3. Trigger _____ Strategy _____

Step Six: Develop Coping Strategies for Nicotine Withdrawal

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body may experience nicotine withdrawal. Some strategies which others have found successful include using the nicotine gum or patch and distracting themselves with healthy habits.

List three coping strategies you can use if you experience symptoms of withdrawal:

1. _____
2. _____
3. _____

Step Seven: Have Places You Can Turn to For Immediate Help

Quitting smoking is hardest during the first few weeks. You will deal with uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. Whether it is the smoking cessation app, a quit line, support group, or good friend, make sure you have quit smoking support options available at all times.

Plan on using multiple quit smoking support options. Keep them handy in case you need them during your quit. Here a few options you may want to consider:

- To talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).
- Friends and family: Getting support from the important people in your life can make a big difference to help you quit

List 3 people or places you can turn to for support:

1. _____
2. _____
3. _____

Step Eight: Set Up Rewards for Quit Milestones

Quitting smoking happens one minute, one hour, one day at a time. Reward yourself throughout your quit program.

- Celebrate individual milestones, including being 24 hours smoke free, one-week smoke free, and one-month smoke free.
- Plan out your milestones ahead of time and set up a smoke free reward for each one.

Create a plan to reward yourself for each milestone:

24-hour smoke-free reward _____

1-week smoke-free reward _____

1-month smoke-free reward: _____

3-month smoke-free reward _____

6-month smoke-free reward _____

1-year smoke-free reward: _____