

Your quit plan



Listing pros and cons

Why do you want to quit? Write out your pros and cons for quitting smoking to help you understand your motivation to quit smoking.

My reasons to quit (Pros)	My reasons to keep smoking (Cons)

How does listing your pros and cons motivate you to quit?

Is there an every day place where your list would be visible?

How can you become more confident that you'll be able to quit?

Tracking triggers

Tracking your smoking is powerful. It gives you useful information about your habits that will help you quit and stay quit. Use a mobile app, keep a log right in your cigarette packet, or use the example below to list when, where, and why you smoke.

Time	Place	Feeling	Trigger	# Cigarettes

Your quit plan



Setting your quit date

When do you want to quit? Pick a date that gives you the time to prepare, but isn't too far away. A date within a couple weeks is a common choice. Some people choose a special day like a birthday or anniversary, while others want to quit on a normal day. Avoid a day that will be too stressful or busy. Don't forget to put your quit date on your calendar.

I will completely quit on ____/____/____.

Choosing a quit aid

Quit aids can double your chances of quitting for good by helping reduce your withdrawal symptoms. Using a quit aid while getting support from a health coach or a health care professional is a powerful combination that can really help you succeed.

Common over-the-counter (OTC) quit aids:

- Nicotine patch
- Nicotine gum
- Nicotine lozenge
- Nicotine nasal spray

Common prescription quit aids:

- Nicotine inhaler
- Bupropion (Zyban/Wellbutrin)
- Varenicline (Chantix)

What quit aid are you thinking about using?

When will you start using your quit aid?

What do you need to do to prepare to use your quit aid? (Make an appointment with my health care provider, read the package instructions on my medication, etc.)

Who can you ask if you have questions or problems with your quit aid?

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Dealing with withdrawal symptoms

Withdrawal symptoms are a pain, but they are a good sign that you are recovering. Plus, they'll start to get better within a few weeks. Make quitting easier by planning how you will handle your symptoms.

Withdrawal symptom	Plan
<i>Cravings to smoke</i>	<i>Chew a stick of gum or drink a glass of water</i>

Lapses

Wanting *just one* happens to almost everyone. Think about how you will respond if the urge hits, so you'll always be prepared.

What situations might tempt you to have *just one*?

What will you say to yourself when you're tempted?

What will you do instead of giving in?

If you lapse or even find yourself smoking again, it doesn't mean you can't still quit. Just figure out what caused the lapse, create a new plan, and try again.

Why did I lapse?

What will I do next time to avoid a lapse?

Your quit plan



Reward yourself

Quitting smoking is a huge accomplishment. You deserve to reward yourself often. How could you reward yourself with the money you've saved since you are not buying cigarettes anymore? How can you celebrate without spending any money?

1 day smoke free: _____

1 week smoke free: _____

1 month smoke free: _____

3 months smoke free: _____

Getting through a tempting situation successfully: _____

Staying quit

Why did you want to quit in the first place? Reflect on these reasons often.

How do you feel since you've quit? Try focusing on the positive feelings, like more energy or pride.

What will you do when you have a craving?

What will you do if you think about having a cigarette?

What do you need to do to make sure you stay quit?