

My Quit Plan

<p>1. Set a date</p> <ul style="list-style-type: none"> ○ Give yourself a few days to prepare ○ Pick a date that is realistic for you ○ Tell someone else about its 	<p>1. The date I will quit smoking is:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">On that date I will cut down from _____ to _____</p>
<p>2. Remember how much you'll save by quitting</p> <ul style="list-style-type: none"> ○ Cigarettes are expensive! ○ The average pack-a-day smoker spends \$2,200 per year on cigarettes. You'll keep this money instead of giving it to a big tobacco corporation. 	<p>2. This is how much I'll save if I quit smoking:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">(Fill in how much you spend per day/week on cigarettes)</p>
<p>3. Identify your reasons for quitting</p> <ul style="list-style-type: none"> ○ Keeping your reasons for quitting in mind will help you stay on track ○ How will quitting make your life better? ○ Circle a few reasons from the list to the right, and think of your own 	<p>3. What are your reasons for quitting?</p> <ul style="list-style-type: none"> ○ Health ○ Save Money ○ Get Control ○ Family/Friends ○ Others: _____
<p>4. Know your triggers</p> <ul style="list-style-type: none"> ○ Think about emotions (boredom, stress), daily routines (waking up, eating), and/or social situations (being around smokers) that make you likely to smoke 	<p>4. What are your triggers?</p> <ul style="list-style-type: none"> ○ My emotional triggers are: _____ ○ My daily routine triggers are: _____ ○ My social triggers are: _____ ○ My other triggers are: _____
<p>5. Manage cravings</p> <ul style="list-style-type: none"> ○ Make a plan to cope with cravings ○ Try different strategies until you find ones that work best for you 	<p>5. How will you manage cravings?</p> <ul style="list-style-type: none"> ○ Distract myself ○ Drink water or chew gum ○ Take deep breaths ○ Get some exercise (pushups, jumping jacks) ○ Remind myself that it's my choice to stop smoking ○ Other: _____
<p>6. Use strategies and tools to help you quit</p> <ul style="list-style-type: none"> ○ Quitting is hard! Use your resources to help you stick to your plan ○ Consider sharing your plan to quit with a friend, family member, doctor, and/or counselor 	<p>6. What tools will I use?</p> <ul style="list-style-type: none"> ○ Ask my doctor for the patch or gum ○ Throw away cigarettes ○ Do not buy more cigarettes than you plan to smoke in a day or week ○ Call 1-800-QUIT-NOW or text QUIT to 47848 ○ Other: _____