



My Quit Plan

Quit Date: _____

*Choose a day in the next few weeks. This will give you plenty of time to prepare for your quit day.
Be sure to pick a day that isn't already likely to be stressful.*

Identify and Beat Your Triggers

"Triggers" are the things that make you want to smoke or use other types of tobacco products. Some common triggers are having a cup of coffee, driving, drinking alcohol, and stress. By thinking about your own triggers, you can begin to make choices about when and why you use tobacco.

To help make quitting easier, in the table below, list your personal triggers to using tobacco and a coping strategy of how you might try to change this pattern. Example: "Drinking coffee is a trigger; as a coping strategy, I will switch to drinking juice or have my coffee at work where I can't smoke."

Trigger	Coping Strategy

Reasons for Quitting

It's common to have mixed feelings about quitting tobacco. Knowing your reasons for why you want to quit can help keep you motivated and on track, especially in difficult moments. **What are your reasons for wanting to quit tobacco? Write them down in the space below.** Example: "I want to live a longer and healthier life, or I want to quit for my children/grandchildren/pets etc."

- 1
- 2
- 3

Things to Remove from your Environment

To better prepare for your quit attempt, it's crucial to make your environment (home, car, work) supportive of quitting. Plan to get rid of all tobacco products, including ashtrays, which may trigger you to want to smoke.

List other things you will do or remove from your environment as you prepare to quit.

- 1
- 2
- 3

Social Support

Having family and friends who can support your decision to quit is important, especially during the first few weeks of quitting. **List people who will support your decision to quit.**

- 1
- 2
- 3

Mental Preparation

What will you be doing on your quit day? (Change your usual routine, plan to do something fun, try a stress-relieving activity such as going for a walk, or plan to be around people who will support you)

My plan for my quit day:

I will wake up at _____ and then

.....

.....

.....

Rewards

No matter how big or small, don't forget to celebrate your successes! **How will you reward yourself for staying tobacco free?**

Short-term (1st day, 1st week, 1st month):

.....

.....

Long-term (6 months, 1 year, 2 years, 5 years):

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.....

Dealing with Cravings

For many people trying to quit, cravings or urges to smoke or use other tobacco products can be powerful.

Remember that although the craving may be intense, it will likely pass within 5 to 10 minutes. Each time you resist a tobacco craving, you're one step closer to quitting tobacco for good!

Below are a few ways to get your mind off of the craving and help you resist the urge to use tobacco until the feeling passes.



Use Nicotine Replacement Therapy (NRT)



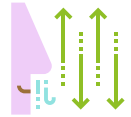
Drink a glass of water



Go for a walk or get some exercise



Text or call a supportive friend or family member



Take 10 deep breaths or practice medicating



Do something relaxing such as having a nap or listening to music or a podcast



Remind yourself of the benefits of quitting and your reasons for wanting to quit



Speak to a tobacco counselor by calling 1-800-QUIT-NOW



Choose a healthy snack or chew sugar-free gum



Find distractions – such as watching TV, reading a book, or cleaning your house