



Activity 4

MY QUIT PLAN

Completed	Task	My Notes
	Pick your quit date and mark it on your calendar.	
	Tell friends and family about your Quit Day. Reference the activity on page 16, "Create a support system plan," and make sure you let your support system know how they can help you before your quit date.	
	Get rid of all the cigarettes and ashtrays in your home, car, and workplace.	
	Stock up on oral substitutes - sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws or toothpicks.	
	Practice saying, "No thank you, I don't smoke."	



MY QUIT PLAN

continued ...

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	<p>On 3x5 index cards, write down the reasons you have decided to quit smoking. Post these cards everywhere you are likely to smoke (in your car, at your desk, in the kitchen, etc.) It will serve as a reminder when you have an impulse to smoke.</p>	
	<p>Look for other programs or services to help you quit, like an employer- or state-based quit line program. refer to page 13 to learn more about quit lines. You might want to find out if a friend or family member who has successfully quit is willing to help you.</p>	
	<p>Ask family and friends who still smoke not to offer you a cigarette, smoke around you, or leave cigarettes out where you can see them.</p>	
	<p>If you are using bupropion or varenicline, take your dose each day of the week leading up to your Quit Day. If you are purchasing NRT, decide which product is right for you and buy it before your quit date.</p>	
	<p>think back to your past attempts to quit. Try to figure out what worked and what did not work for you. Look back at the activity on page 11, "the last time I tried to quit."</p>	