

MY QUIT PLAN

WHAT'S THE WHY?

My Reasons to Quit:

CHOOSING A QUIT AID

Using a quit aid can increase your chances of success by helping reduce withdrawal symptoms. Talk to your doctor about options for you.

Over-The-Counter Quit Aids

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

Prescription Quit Aids

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

My Quit Aid: _____

CHOOSING A QUIT DAY

Picking your quit day is important. You want a day that gives you time to prepare, but isn't too far away. Avoid busy or stressful days.

My Quit Day: _____

REWARD YOURSELF

To quit smoking is a huge accomplishment, and you deserve to celebrate your success with rewards.

My Rewards:

1 Day Smoke Free:	_____
1 Week Smoke Free:	_____
1 Month Smoke Free:	_____
3 Months Smoke Free:	_____
6 Months Smoke Free:	_____
1 Year Smoke Free:	_____

TRACKING TRIGGERS & WITHDRAWAL SYMPTOMS

Understanding what makes you want to smoke can help you overcome those triggers and symptoms.

Trigger/Symptom

Plan to Combat Craving

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____