



# Quit Smoking Plan

Steps		Success?
Step 1	<b>Pick a day to quit.</b> Date:  Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 2	<b>Plan for your Quit Day</b> <ul style="list-style-type: none"><li>• Tell family and friends</li><li>• Talk to your primary care physician</li><li>• Join a support group</li><li>• Plan ways to deal with craving: chewing gum, candy, vegetables.</li></ul> Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 3	<b>Quit one day at a time</b> <ul style="list-style-type: none"><li>• Develop strategies for dealing with the desire to smoke</li><li>• Build a network of people who support your decision to quit (call them when you feel the urge to start again)</li><li>• Find ways to keep your hands busy</li><li>• Avoid people and situations that increase your desire to smoke</li></ul> Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 4	<b>Stay Quit or Keep Quitting</b> <p>Quitting is hard, sometimes it does not happen on the first attempt. Don't let this discourage you. Keep Quitting until you eliminate the habit.</p> Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No