

Develop a Quit Plan

1 Set a quit day (Select a day within the next two weeks). You can add rewards to specific milestones (i.e. 24 hours, one week, one month).

2 Select your reasons for quitting.

- Be healthier
- Save money
- Smell better
- My loved ones
- All of the above

3 Identify your smoking triggers (check all that apply).

- | | | |
|--|---|--|
| <input type="checkbox"/> Emotional triggers | <input type="checkbox"/> Habitual triggers | <input type="checkbox"/> Social triggers |
| <input type="checkbox"/> Feeling stressed | <input type="checkbox"/> Watching TV | <input type="checkbox"/> Going to a bar |
| <input type="checkbox"/> Feeling anxious | <input type="checkbox"/> Drinking alcohol | <input type="checkbox"/> Attending a social event |
| <input type="checkbox"/> Feeling down | <input type="checkbox"/> Driving | <input type="checkbox"/> Hanging out with someone who smokes |
| <input type="checkbox"/> Feeling lonely | <input type="checkbox"/> After a meal | |
| <input type="checkbox"/> Feeling bored | <input type="checkbox"/> Drinking coffee | |
| <input type="checkbox"/> Cooling off after a fight | <input type="checkbox"/> Work break | |
| | <input type="checkbox"/> After having sex | |
| | <input type="checkbox"/> Talking on the phone | |

4 Prepare yourself to fight cravings. Select the types of cravings you usually have.

- Do you need to keep your hands and mouth busy?
- Do you smoke to improve your mood or relieve stress?
- Do you have difficulty keeping busy and your mind occupied?
- Do you smoke because it is relaxing and pleasurable?
- Do you get anxious and irritable without cigarettes?
- Do you smoke for an energy boost?

5 Get rid of smoking reminders in your car, workplace and home before your quit day. (Throw out anything that is related to smoking. Do not hide a pack.)



Get rid of matches, ashtrays, and any cigarette butts that may be outside your home.



Wash your clothing, especially the jacket you wear to take smoke breaks.



Put craving fighting items - like straws, nicotine gum, or a list of chores - in the place where you kept your cigarettes, ashtrays, matches, and lighters.



Clean your car.

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6 Prepare yourself to fight cravings. Take note of these tips to beat your specific cravings.

- Do you need to keep your hands and mouth busy?**
 - Hold a straw in your hand and breathe through it.
 - Play with a paperclip or coin to keep your hands busy.

- Do you smoke to improve your mood or relieve stress?**
 - Practice deep breathing to calm down or do some pushups to blow off steam.
 - Turn to friends, family and counselors when you need someone to talk to.

- Do you have difficulty keeping busy and your mind occupied?**
 - Make a list of tasks that you can accomplish when a craving hits. This list can include chores, replying to emails, running errands or planning your schedule for the next day.

- Do you smoke because it's pleasurable and relaxing?**
 - Treat yourself to a different pleasure. Listen to your favorite songs, plan a movie night with friends or save your cigarette money for a treat when you reach a smoke-free milestone.

- Do you get anxious and irritable without cigarettes?**
 - Nicotine replacement therapy (NRT), such as patches, gum, or lozenges, can help relieve your withdrawal symptoms. Talk to your doctor to see which type of NRT is right for you.

- Do you smoke for an energy boost?**
 - To keep your energy level stable, get regular exercise and have healthy snacks throughout the day.
 - Make sure you're getting plenty of sleep at night to help you from feeling slow during the day.

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7 Quit with extra help (choose the resources that interest you).

- Smokefree TXT Text Message Program
- Apps
 - QuitGuide
 - quitSTART
- SmokefreeUS Facebook
- Quitlines
 - The National Cancer Institute quitline: 1-877-44U-QUIT (1-877-448-7848)
 - Find your state's quitline: 1-800-QUIT-NOW (1-800-784-8669)
- NCI Live Help

Quitting smoking is easier when you have support from your loved ones. Let your family and friends know you are quitting, or invite a friend to quit with you.