



Activity 6: My Quit Plan

Prepare For Your Quit Day

There is no one single way to quit. Quitting smoking is a lot like losing weight; it takes a strong commitment over a long time. Smokers may wish there was a magic bullet - a pill or method that would make quitting painless and easy. But there is nothing like that. Nicotine substitutes can help reduce withdrawal symptoms, but they work best when they are used as part of a stop-smoking plan that addresses both the physical and psychological components of quitting smoking.

Here are some steps to help you prepare for your Quit Day. Customize the checklist so it fits with your personal 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 Activity 5 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.	

session 2: Plan to Quit

My Quit Plan (continued)

Completed	Task	My Notes
	Practice saying, "No thank you, I don't smoke."	
	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.	
	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.	
	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.	
	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.	
	Think back to your past attempts to quit. Try to figure out what worked and what did not work for you. Look back at Activity 3, "the last time I tried to quit."	