

A personalized quit plan for:

Name: _____

Today's date: _____

What is Your Why?

Check any that apply to you:

☐ I will live longer and healthier.

☐ My loved ones won't be exposed to smoke.

☐ I want to set a good example for my children.

☐ I will gain more energy and breathe easier.

☐ Lower risk of heart attack, stroke, or cancer.

☐ Improved sense of taste and smell.

☐ I will regain control.

☐ Other Reasons:



THIS IS MY QUIT

You can quit tobacco today!

1. Get ready

Set a Quit Date:

Choose a date within the next two weeks to quit.

My Quit Date is: _____

Reflection:

Reflect on past quit attempts to identify what worked and what didn't.

Attempt #1:

Attempt #2:

Attempt #3:

2. Get support and encouragement

Inform family, friends, and coworkers about your decision to quit.

Identify individuals or groups that can offer emotional support.

Who can help me quit:

Remember, quitting tobacco is a journey. You don't have to go through it alone.

You can sign up for Quit Coaching when you call us at 1-800-55-66-222 or sign up online at [ASHLine.org](https://www.ashline.org).

3. Be prepared for slips or difficult situations

Recognize triggers and develop strategies to cope with cravings.

Identify triggers:

(moods, places, or things that turn on your desire to smoke)

Trigger #1: _____

Trigger #2: _____

Trigger #3: _____

Prepare a list of activities to engage in when experiencing withdrawal symptoms.

My activities:

Activity #1: _____

Activity #2: _____

Activity #3: _____

What caused me to slip and how I will handle this next time:

Solution #1: _____

Solution #2: _____

Solution #3: _____

4. Try new skills and strategies:

- Remove all tobacco products, including cigarettes, ashtrays, and lighters from your environment.
- Modify daily routines to avoid triggers.
- Engage in relaxation techniques and physical activities to manage stress.
- Create a daily log of feelings and emotions.
- Find a quit buddy.
- Join a community with other people trying to quit.
- Drink plenty of water and maintain a balanced diet.

5. Connect with and use resources

- Maintain regular contact with support people.
- Utilize ASHLine services for counseling and resources.
- Consider using over the counter or prescription nicotine replacement therapies, as advised by a healthcare provider.

Other resources that can help me quit:

6. Reward yourself

- Celebrate each day without tobacco as a significant achievement.
- Use the money saved from not buying tobacco products to reward yourself with enjoyable activities or treat yourself to something special.

Some things I can do to reward myself:
