

My Plan to Quit Smoking

The first step in quitting smoking is to decide you want to quit. Remember, the decision to quit is yours alone. Others may want you to quit, but only you can make the commitment to quit.

Once you've made up your mind to quit, it is important to pick a quit date ... and make a plan. There is no single "right" way to quit smoking. The 5-Day Countdown Plan may work for you.

5-Day Countdown Plan

5 Days Before Your Quit Date

- Think about why you want to quit
- Tell your friends and family you are planning to quit
- Stop buying cigarettes

4 Days Before Your Quit Date

- Pay attention to when and where you smoke
- Think of other things to hold in your hand instead of a cigarette
- Think of habits or routines to change

3 Days Before Your Quit Date

- Think about what you will do with the money you save!
- Make a list of people you can talk to if you need help

2 Days Before Your Quit Date

- Buy your stop-smoking aid if you're going to use one, or continue taking any stop-smoking aids your doctor may have prescribed.

1 Day Before Your Quit Date

- Throw away lighters and ashtrays
- Throw away cigarettes and matches
- Clean your clothes to get rid of cigarette smell

Quit Day

- Keep very busy
- Tell family and friends that this is your quit day
- Stay away from alcohol
- Give yourself a treat, or do something special

My Promise to Me!

Name

Quit Date

Doctor's Name

Phone

Support Person's Name

Phone

My decision today:

- I want to stop smoking...and I set a quit date.
- I want to stop smoking, but I am not ready to set a quit date.

The doctor prescribed this medicine for me.

Medicine: _____

I will take my medicine the way it is prescribed: _____

The doctor told me to take this medicine _____ times a day for _____ days

I should start it on _____

I promise to follow my quit plan the very best I can!

Your Signature

Date

Doctor's Signature

Date

*The only promise you have to make is to yourself...
because only you can commit to quit smoking.*

For more information and "quit-smoking" help, visit www.smokefree.gov