



My Personalized Quit Plan

Name:

My Quit Date:

Follow-Up Appointment:

Reasons to Quit

Examples: It costs too much, I can't use tobacco in a lot of places

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Triggers

Triggers are situations that prompt you to want to smoke.

Examples: After a meal, driving, stress, feeling bored, feeling sad

Trigger 1

What will I do?

Trigger 2

What will I do?

Trigger 3

What will I do?

Trigger 4

What will I do?

Trigger 5

What will I do?

Trigger 6

What will I do?

Things to do Instead

Examples: Go for a walk, Call a friend who supports your quitting, Hang out in places you're not allowed to use tobacco

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Support

Who can support me at home?

Who can support me at school?

Who can support me at work?

Which friends will help me the most when I'm quitting?

Which friends will be less helpful when I'm quitting?

Other Support Strategies

Examples: Nicotine Replacement Therapy patches or gum, Call 1-800-Quit-NOW, Get online support at www.becomeanex.org

- 1.
- 2.
- 3.
- 4.

Rewards of Quitting

- 1.
- 2.
- 3.
- 4.

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