

Quit Culture

Quit Plan Worksheet

Creating a quit plan is one of the most effective ways to start your quit journey. A solid plan will keep you focused and motivated, help you to prepare for the challenge ahead and—most importantly—improve your chances of succeeding. Fill out this simple worksheet to create your own!

Pick a Quit Date

When it comes to choosing a quit date, sooner is better than later.

Tips to picking a quit date:

- Don't choose a day when you might be stressed, busy or tempted to smoke
- Display your quit date somewhere you will see it every day
- Prepare for your quit day

My Quit Date: _____

Identify Your Reasons to Quit

Everyone has their reasons for quitting. As you prepare to quit, think about your reasons and write them down here.

What are your reasons for quitting smoking?

1. _____
2. _____
3. _____
4. _____
5. _____

After you have identified your reasons for quitting smoking:

Remind yourself of your reasons every day

Keep your list in a highly visible place where you see it every day

Any time you feel the urge to smoke, review your list

Identify Your Smoking Triggers

Certain activities, feelings and people are linked to your smoking. Knowing and listing your triggers will help you develop ways to deal with them.

After you have made your list, write down one way you can deal with or avoid each of your triggers.

What are your smoking triggers?

How will you deal with your triggers?

1. _____	→ _____
2. _____	→ _____
3. _____	→ _____
4. _____	→ _____
5. _____	→ _____

Set Up Your Quit Milestones

Quitting smoking happens one minute, one hour and one day at a time. Set specific milestones you'd like to reach and remember to celebrate them along the way.

What are your quit milestones?

Milestone 1.

Milestone 4.

Milestone 2.

Milestone 5.

Milestone 3.

Reward yourself throughout your quit journey. When you hit a milestone, treat yourself to some of your favorite foods, activities, or any other smoke free activity. What will your first reward be?