

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, make a plan, and talk to your healthcare provider. There is no single "right" way to quit smoking. The Countdown Plan may work for you.

My Countdown Plan

5 Why & Who

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

4 Where, What & When

- 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 Savings & Support

- 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 Stop-Smoking Aids & Prescribed Medications

- Talk to your healthcare provider about whether using a stop-smoking aid or prescription medicine might be right for you
- 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 Make a Clean Sweep

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

My 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

Using "My Countdown Plan" may help in your decision to quit smoking.
Talk to your healthcare provider about quitting and about next steps.
Every day can be a quit day.