



Your Tobacco Quit Plan

Quitting tobacco is important to me because: (Write your reasons to be tobacco-free)

Four horizontal lines for writing reasons to quit tobacco.



FOUR STEPS TO QUITTING



STEP 1: Set a quit date within the next 30 days

_____ day _____ month _____
year



STEP 2: Discuss the use of tobacco cessation aids with your health care providers

Nicotine Replacement Therapy : Patch Gum Inhaler Lozenge

Prescription Medications: Bupropion (Zyban) Varenicline (Champix)

STEP 3: Determine your follow-up support

NWT Quitline or online support: _____

Health care professional: _____

Your community resources: _____

Family or friends: _____

STEP 4: Prepare your quit plan

Use the information on the back page to help you prepare for the challenges of quitting.

My triggers: What reminds me of smoking?

Trigger	How to avoid the trigger by changing my behaviour
1.	
2.	
3.	
4.	

My cravings: How will I handle my cravings?

Craving	Here are a few things I can do when I get the urge to use tobacco
1.	
2.	
3.	
4.	

My social support

Who can help and encourage me to stay smoke-free?

Controlling my surroundings

Environment control	How can I change my surroundings so that I avoid using tobacco?
1.	
2.	
3.	
4.	

How much money will I save?

_____ # of packs x \$ _____ /pack =

x 12 months =

x 5 years =

Important reminder

Non-smokers are more affected by caffeine. Cut back your caffeine intake (coffee, tea o colas) by at least half to reduce unpleasant effects such as jitters, irritability, headaches and sleeplessness.

