

clear the air

My Tobacco Quit Plan

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

4 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

Make sure you have support

NWT Quitline or online support: _____

Health Care Professional: _____

My Community resources: _____

Online resources/cessation apps: _____

STEP 4

Prepare your quit plan

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



Your triggers: What reminds you of smoking?

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

Your cravings: How will you handle cravings?

Cravings	Here are few things to do when you get the urge to use tobacco
1.	
2.	
3.	
4.	

Your social support

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

Your Environment

Challenges	How can you change your environment to avoid the urge to smoke?
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, colas or other caffeinated drinks) by at least half to reduce unpleasant effects such as jitters, irritability, headaches and sleeplessness.

