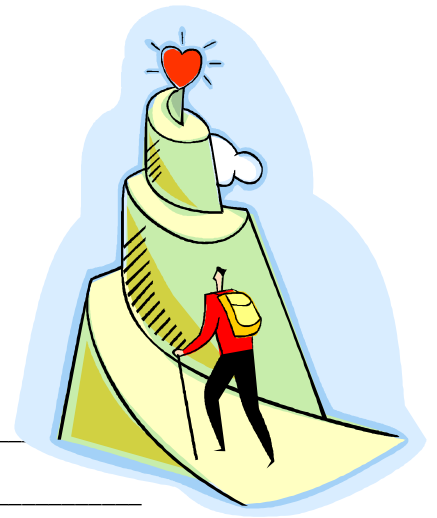


QUIT PLAN

I am ready to quit smoking



1. My Quit Date is _____/_____/_____

2. Motivations: "I am quitting because..."

- _____
- _____
- _____

3. Preparation Activities: "I will prepare to quit by..."

Check all that apply:

- Getting rid of all smoking items
- Practicing not smoking during certain hours of the day and night _____
- Cutting back the number of cigarettes I smoke to _____ per _____
- Not allowing smoking in my home
- Learning or practicing more methods of relaxation
- _____
- _____

4. Support & Resources: "I will ask for support from..."

- _____
- _____
- _____



5. Triggers & Coping Strategies: "I will cope with urges to smoke by..."

Trigger

What I'll do instead of smoking

- _____
- _____
- _____

6. Reward: "I will reward myself for quitting by..."

- _____
- _____
- _____



Signature _____ Date: _____