QUIT SMOKING CHECKLIST

| Getting Ready for Quit Day |
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| ☐ Pick your quick date Mark it on your calendar. |
| ☐ Tell family and friends your quit date. |
| \square Stock up on sugarless gum, carrot sticks and sugarless hard candy. |
| \square Will you use nicotine replacement therapy? If so, get your prescription filled or buy it over the |
| counter. |
| ☐ Will you attend a smoking cessation class? If so, sign up. |
| ☐ Practice saying "No thank you, I don't smoke". |
| \square Get rid of all cigarettes, ashtrays, lighters and any other smoking related items. |
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| Quit Day and Beyond |
| ☐ DON'T SMOKE! |
| \square Ask people you live with not to smoke around you. Spend time with non-smokers. |
| \square Keep busy, stay active – try walking, exercising or doing other activities. |
| ☐ Drink lots of water. |
| \square Begin using the nicotine replacement you have chosen. |
| \square Attend the stop smoking class if you have chosen one. |
| ☐ Reduce or avoid using alcohol. |
| Use the four "A"s to deal with tough situations. |
| \square AVOID people and places that tempt you to smoke. |
| \square ALTER some of your other daily habits, like your meal time, your route to work |
| ☐ ALTERNATIVES for your mouth – like healthy snacks |
| ☐ ACTIVITIES for your hands – like needlework, woodcarving or other hobbies |
| ☐ Talk to your doctor about how you are doing. Your next appointment is |
| \Box If you are worried about gaining weight, increase activity or think about seeing a nutritionist. |
| \square Remind yourself that staying quit, is probably the most important gift you can give yourself. |