Ouit Plan

1. Quit Date

Your quit date is the day you will quit smoking completely.

My Quit Date is:

add date

2. Use Your Experience

Each time you try to quit brings you closer to quitting for good. Think about the times you have tried to quit in in past.

- What helped you quit?
- What caused you to start smoking again?
- What could you do this time to keep from smoking?

3. Know Your Triggers

Think about what you are doing and where you are when you smoke. What triggers you to smoke?
Write your plan for dealing with your triggers:

Trigger	How I will beat the trigger
add triggers	