Congratulations.

You’re considering quitting smoking, and that’s a great first step. The Plan-to-Quit Cards can help guide you. These cards are designed to give you the information you need to know while preparing for your quit and for the early part of your quit. But they don’t take the place of a plan that includes treatment and support. So be sure to talk to your doctor about a smoking cessation treatment option that’s right for you. And help set yourself up for success by getting support.

Why it’s hard to quit.

For most people, quitting is a physical and behavioral challenge. For many people, smoking is an addiction. Plus, over the years, people develop smoking routines. Most people try to quit 6-9 times in their lifetime. So if you’ve tried to quit before, don’t be discouraged. It’s still possible to quit. So be confident, you’re going to do great.

Why nicotine is addictive.

1. When you smoke, nicotine goes from a cigarette into the brain in about 10 to 20 seconds.
   - Represents nicotine from smoking

2. Nicotine attaches to nicotine receptors in the brain, and that sends a message to release a chemical called dopamine.

3. Dopamine provides a feeling of pleasure. But it doesn’t last long. That’s why you want another cigarette. Nicotine addiction can be a cycle that can be very difficult to break.
   - Represents dopamine

For illustrative purposes only
How to use the Plan-to-Quit Cards.

These quick yet powerful activities are designed to help jump-start your quit and keep you on track during your first week of not smoking. After printing your set of cards, you can fold them in half to create a front and back. Read both sides, and do all of the activities. Do them at your own pace. And in order from before your Quit Date to after your Quit Date. Take a single activity with you if you need it. Once you’ve filled them out, you can review them anytime to remind yourself of your commitment to quit.

Before Your Quit Date
Use these Plan-to-Quit Cards to prepare yourself for your Quit Date.

On Your Quit Date and Beyond
Use these Plan-to-Quit Cards on and after your Quit Date.

It’s your quit.

No one can force you to do it. And everyone has their own reasons for quitting. So make it personal. Take an active role in your quit by completing these cards. That way you can start to develop a plan that works just for you and your life.
How Ready Are You to Quit?

This tool can help you understand how important quitting is to you. And how confident you are about succeeding. Be sure to share this with your doctor. The way you think and feel about your quit can have an impact on your success.

Circle a number that corresponds to how you feel about quitting.

How important to you is it to quit?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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<tr>
<td>not at all important</td>
<td>somewhat important</td>
<td>very important</td>
<td>extremely important</td>
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How confident are you that you can quit?

<table>
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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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</tr>
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<tbody>
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<td>not at all confident</td>
<td>somewhat confident</td>
<td>very confident</td>
<td>extremely confident</td>
<td></td>
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</table>
How to Think About These Numbers.

First, there are no wrong answers. But whichever number you chose, ask yourself: Why didn’t I choose a lower number? For example, if you chose a 5 for how confident you feel about quitting, how come you didn’t choose a 4?

Write down the reason(s) below. You may realize you’re more confident about quitting than you thought. And that may help you feel even more ready to quit.

I chose a _______ on the importance scale.
It wasn’t a lower number because:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I chose a _______ on the confidence scale.
It wasn’t a lower number because:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Your Reasons to Quit.

There are many reasons to quit smoking. Which ones are most important to you? Look at the list below, check off the reasons that apply to you, and add any extras you can think of.

Keep your list handy and use it as motivation to stick with your decision to quit.

☐ I’m ready for a change.
☐ Smoking is affecting my relationships.
☐ I want to improve my health.
☐ I want to save money by not buying cigarettes.
☐ I’m planning on having a baby.
☐ I feel like I’m looked down upon as a smoker.
☐ I spend too much time alone smoking.
☐ It’s becoming harder to find places to smoke.
☐ Almost everywhere I go smoking is not allowed.
☐ I don’t want to expose my family and friends to secondhand smoke.

☐ ____________________________________________
☐ ____________________________________________
☐ ____________________________________________
Stay Inspired!

One of your reasons to quit could be someone in your family. It could be an activity, or a vacation you want to take. Whatever it is, create a quick visual reminder by taping a photograph below. Take this card with you. Put it in your car, up on your fridge, or prop it up at work.

I want to quit for:

![Photographs]

- Photo 1: A smiling mother and child.
- Photo 2: A serene beach scene.
- Photo 3: A mountainous landscape.
- Photo 4: An elderly couple embracing.
Your 24-Hour Smoking Log.

Many smokers light up during specific times of the day, while in particular situations, or when they feel a certain way. Taking one day to identify these moments may help you avoid them when you’re ready to quit. Just cut out your Smoking Log and wrap it around a cigarette pack.

Why?

Be sure to log each cigarette you smoke. A Smoking Log can help you learn when, where, and why you smoke. This can be a first step as you learn to trade your old smoking routines for new nonsmoking ones.

Example:

**My Smoking Log.**

When, where, and why I smoked

---

**During breakfast at home,**

*with coffee.*

**Driving in my car,** to pass time.

**After lunch outside office,**

*break from work.*
<table>
<thead>
<tr>
<th>My Smoking Log. When, where, and why I smoked</th>
</tr>
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<tbody>
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Identify Your Smoking Risk Situations.

Smoking can become “automatic” for a lot of people. You may not even realize when and why you smoke. If you filled out your “Smoking Log (C)” you may have seen some patterns. Use what you wrote to check off your Smoking Risk Situations below. Use the blanks to fill in any others you can think of.

Why?

Part of preparing for your quit is knowing what these situations may be. That way you can be prepared with strategies to work around them.

Times of day

☐ Mealtimes, or just after a meal
☐ When I get home from work
☐ Watching TV or listening to the radio
☐ Talking on the phone
☐ Having a cup of coffee or tea
☐ When I first wake up
BEFORE YOUR QUIT DATE:

RISK SITUATIONS

People
☐ Being with other smokers
☐ When someone offers me a cigarette
☐ Family stress
☐ Meeting a friend who smokes

Places
☐ At work
☐ At home
☐ Outdoors

Feelings
☐ Angry
☐ Bored
☐ Happy or relaxed
Being Prepared with Quit Strategies.

A Quit Strategy is a concrete way to fight an urge to smoke. It can help you deal with specific situations. Having a Quit Strategy ready in advance may help you overcome risk situations. Take a look at the following common Quit Strategies for ideas.

<table>
<thead>
<tr>
<th>COMMON QUIT STRATEGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Talk it out</strong></td>
</tr>
<tr>
<td>Calling someone or visiting a supportive friend may be just the distraction you need to keep you from thinking about smoking.</td>
</tr>
<tr>
<td>Remember, there are quit hotlines that can help you through tough moments.</td>
</tr>
<tr>
<td><strong>Do something active</strong></td>
</tr>
<tr>
<td>Exercise. Walk. Work in the garden. Keep your body moving. This may energize you and make you feel healthier. Please be sure to consult your doctor before taking on a new physical activity.</td>
</tr>
<tr>
<td><strong>Go somewhere you can’t smoke</strong></td>
</tr>
<tr>
<td>Visit a non-smoking friend’s home, or go to the movies or a mall. Knowing that you’re in a place where you can’t smoke can take some of the pressure off of you.</td>
</tr>
<tr>
<td><strong>Carry a water bottle</strong></td>
</tr>
<tr>
<td>Drinking water will keep you hydrated. And it gives your mouth and hands something to do.</td>
</tr>
</tbody>
</table>
**Before Your Quit Date:**

<table>
<thead>
<tr>
<th>Quit Strategies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Keep your hands busy</strong></td>
<td>Try squeezing a stress ball. Or knitting. If you’ve got a computer, go online. There are lots of free online games to play. You can even try searching for yourself online and see what turns up!</td>
</tr>
<tr>
<td><strong>Leave the situation</strong></td>
<td>Your urge to smoke may go away if what’s causing it is no longer in front of you. Go for a walk and focus on something else. It can help you clear your head. If you’re in a situation you can’t quite leave, try taking a quick bathroom break. Give yourself 5 minutes to get past the urge to smoke.</td>
</tr>
<tr>
<td><strong>Switch up your routine</strong></td>
<td>By switching up your routine, you’re breaking links you’ve formed between smoking and certain activities. Try something new, like taking a different route on your way home from work.</td>
</tr>
<tr>
<td><strong>Take several deep breaths</strong></td>
<td>Take the deepest breath you can and slowly exhale while bringing your chin to your chest. As you exhale, close your eyes and imagine tension being gently expelled from your body. Go slowly and repeat 3 times. By the time you’re done, the urge to smoke may be gone.</td>
</tr>
</tbody>
</table>

**My Personal Quit Strategies:**
Create a Cigarette-Free Zone!

Go through every place you may have cigarettes and get rid of them. Look in your bags and the glove compartment of your car. Check coat pockets. And don’t just throw the cigarettes in the trash. Destroy them! Tear them in half. Run water over them. Flush them down the toilet. Oh, and get rid of all the butts, too.

Make sure to get rid of all of your cigarettes; don’t keep an emergency pack hidden anywhere, because that’s planning for failure. And this quit is all about planning for success.

Take a look at the blueprint below, follow the suggestions on the reverse, and make a clean sweep of your home.

1. Laundry Room
2. Kitchen
3. Bedroom
4. Living Room
5. Patio
6. Garage
BEFORE YOUR QUIT DATE:

**Laundry Room:**
Wash that smoke out of your clothes, towels, and sheets. Try using a fabric softener sheet in the dryer to give your clothes a fresh scent.

**Kitchen:**
Do you smoke with your morning coffee or while reading the paper? Buy tea instead to try to break that link. Read the paper somewhere else. And if you smoke after meals, try getting up from the table and doing something else, like washing the dishes.

**Bedroom:**
Go through all of your closets and check your pockets, handbags, briefcases, and suitcases for cigarettes, lighters, and matches. Buy an air freshener to create a more pleasant atmosphere.

**Garage:**
Cigarettes, lighters, empty packs — trash them. Vacuum the interior of your car. Wipe down surfaces. Really clean out that ashtray. Consider buying a car air freshener as well.

**Living Room:**
Vacuum. Use carpet freshener, too. Dump the ashtrays and replace them with a dish of sugar-free candy. Move your favorite smoking chair to help avoid old habits.

**Patio:**
Do a clean sweep. Search for old cigarette butts on the ground and get rid of outdoor ashtrays.
Understanding Nicotine Withdrawal Symptoms.

When you stop smoking, your body may go through a physical withdrawal from nicotine, which may lessen over time. Here are a few of the common nicotine withdrawal symptoms to be aware of:

- Depressed mood
- Feelings of frustration, impatience, or anger
- Anxiety
- Irritability
- Urge to smoke
- Difficulty concentrating
- Restlessness
- Insomnia
- Increased appetite

Why?

Why talk about nicotine withdrawal symptoms? For many people, nicotine withdrawal symptoms are a part of the quitting process. For those who have symptoms, knowing what to expect can help them be better prepared.
How to Think About Nicotine Withdrawal Symptoms.

Remember, when you stop smoking, your body may go through a physical withdrawal from nicotine. Important changes are taking place in your body now that you’ve stopped smoking. Knowing all the good things that are happening in your body might help keep you on track.

For example, within:

- **24 hours**
  Blood pressure and pulse rate may drop

- **48 hours**
  The carbon monoxide level in your blood may return to normal

- **2 to 12 weeks**
  Circulation may improve and lung function can increase

- **1 year**
  Excess risk of coronary heart disease is half that of a smoker’s