

A Quit Plan

for _____

PRINT NAME

KEYS FOR QUITTING

YOUR QUIT PLAN

PLAN AHEAD

- Set a quit date and stick to it – not even a single puff!
- Avoid alcohol, coffee and other things that trigger your smoking.
- Consider past quit attempts, what worked and what didn't.

MY QUIT DATE IS:

Things to remember:

GET MEDICATIONS

- Nicotine Gum (OTC)
- Nicotine Inhaler (PRESCRIPTION)
- Nicotine Lozenge (OTC)
- Nicotine Nasal Spray (PRESCRIPTION)
- Nicotine Patch (OTC & PRES.)
- Bupropion (PRESCRIPTION)
- Varenicline (PRESCRIPTION)

MY MEDICATION(S):

I will start taking them on:

CALL THE QUIT LINE



1-877-NO-FUME

1-877-777-6534 (TTY)

- Get free coaching and support that is confidential and non-judgmental.
- Available 24/7.

Other instructions:

Time Quit Line will call

(IF PARTICIPATING IN FAX TO QUIT)
