

My Smoke Free Plan



Choose Your Quit Date

Today

Tomorrow

Pick a Date _____

Not Ready yet

(If you're not ready to set a quit date, you can still make a quit plan or explore other resources.)



What Is Smoking Costing You?

Enter how much you spend per pack of cigarettes. Divide that cost by the number of cigarettes in the pack. This is the cost per cigarette. Multiply that by how many cigarettes you smoke. You'll find out how much money you can save per day by quitting.

1. I spend about \$ _____ per pack of cigarettes.
2. Divide cost by number of cigarettes in the pack.
= \$ _____ cost per cigarette.
3. I smoke about _____ cigarettes each day.
4. Answer 2 x Answer 3 = money you could save:
_____ x _____ = \$ _____ per day.



Why Are You Quitting?

Stay motivated! Remember the reasons why you want to quit smoking.

1 _____

2 _____

3 _____

4 _____

5 _____



Know Your Triggers

See the "what triggers make you want to smoke" resource page.

1 _____

2 _____

3 _____

4 _____

5 _____

What triggers make you want to smoke?



Social Situations

- Being offered a cigarette
- Drinking alcohol/being in a bar
- Going to a party or other event
- Being around others who smoke or use other tobacco products
- Smelling cigarette smoke



Nicotine Withdrawal

- Irritable - haven't smoked a cigarette in a while
- Restless or jumpy
- Strong cravings to smoke
- Hard time concentrating



Routine Situations

- Being on my phone
- Down time or in between activities
- Drinking coffee
- Finishing a meal
- Seeing cigarettes on TV or in movies
- Walking or driving
- Watching TV or playing video games
- Working



My Emotions

- Angry
- Anxious, worried, or nervous
- Bored
- Lonely
- Frustrated or upset
- Happy or excited
- Sad or depressed
- Stressed or overwhelmed

Success Strategies

This is how I will reach out for support:

- Share my plan with people important to me.
- Find a quit smoking buddy.
- Ask for advice or support from someone who has successfully quit.
- Join a community support group.

This is how I will get help from experts:

- Talk to my doctor, pharmacist, or other health care professional about how to quit smoking.
- Look for in-person counselor.
- Call a quitline to talk one-on-one with a trained counselor for support.
- Sign up for a Smokefree text message program for daily tips and support.
- Download a Smokefree app to help me track cravings, get tips, and monitor my progress.

What helps when a craving hits?

- Drink water
- **Avoid caffeine**
- Eat a healthy snack (carrots, apples, nuts, or seeds etc.)
- Exercise
- Play a game
- Listen to a podcast / audiobook / music
- Text or talk with someone supportive
- Take 10 deep breaths or do relaxation techniques
- Go to a place where smoking isn't allowed, like the grocery store, library, gym, etc.
- Find an activity you enjoy that reduces the urge to smoke like doodling / coloring, squeezing stress ball, fiddling with fidget spinners, etc.

