

# COUNTDOWN TO QUIT TOBACCO

## CONGRATULATIONS!

**You decided now is the time to become tobacco free.**

You might be thinking, what do I do next? The secret to quitting tobacco successfully is to be prepared. Follow these steps for four weeks leading up to your quit so that when your quit date comes, you can quit for good.

### 4 Weeks Until Quit Day

Think! Use this time to think about what quitting looks like to you.

### 3 Weeks Until Quit Day

Prepare! Use the next two weeks to prepare to quit.



**YOU CAN DO IT!**

### 1 Week Until Quit Day

Make a quit plan.

### Quit Day!

Put your plan in action and celebrate your victories along the way.

Nothing happens overnight. Use the tools on the next page to empower and prepare yourself for your journey to become tobacco free.

**FLIP OVER TO GET STARTED!**



# BY USING THESE TOOLS, YOU CAN QUIT TOBACCO!



## Think! Use the beginning of the month to think about what quitting looks like to you.

- Quitting tobacco requires a mix of **motivation**, **planning** and **knowing** what quitting involves.
- **Ask yourself** what your reasons are for quitting. Write down a different reason each day for seven days and think about any roadblocks you might hit. Carry a list of these reasons with you.

## Prepare! Use the next two weeks to prepare to quit.

- **Talk to your provider about medications (prescription and over-the-counter).** Some of these help with nicotine withdrawal or lessen your urge to use tobacco. Plan accordingly because you have to start taking some medications before you stop using tobacco (sometimes as early as 14 days beforehand).
- Using a **medication and a program together** can increase your chances of quit success compared to going cold turkey. Find [resources](#) like the YouCanQuit2 24/7 Live Chat, check out available text message programs to practice quitting or build your quit skills and download mobile apps to support your quit.
- **Reach out to your buddies or family and let them know you're quitting!** Talk to your support system about [how they can help you quit](#) and stay quit.



## Make a quit plan.

- **Read up on tough quit moments and make a list of what you think yours will be so that you can fight through them** (think: beating cravings, overcoming weight gain or managing stress). Include strategies in your plan for when these tough times show up.
- **Minimize temptations by cleaning out those old tobacco products.** Maybe treat yourself to a car wash to get that tobacco smell out and throw away ash trays, old dip cans and bottles laying around. See how much lighter you feel.
- **Write down your quit plan** so that you can reference it throughout your quit and stick to it.

## Put your plan to use and celebrate your victories along the way.

- **The day has come!** Remember that quitting is hard. Cut yourself some slack, lean on your support system and share each milestone with them on the journey.
- **Life happens. If you slip up, no sweat!** Every day is a new beginning. Figure out what happened (what caused you to slip?), get back on track, update your quit plan and keep pushing through.

