

# COUNTDOWN TO QUIT

Quitting tobacco is one of the most popular and challenging New Year's resolutions. If you want to quit tobacco in 2020, including e-cigarettes, the secret to success is planning ahead! Use this timeline in December so you are ready to quit on January 1.

Use the first week of the month to think about quitting tobacco.

Quitting requires a mix of motivation and planning.

Be honest to find out if now is the [right time to quit](#).

DEC  
01

DEC  
08

DEC  
22

JAN  
01

If you feel ready, use the next two weeks to [prepare to quit](#).

Talk to your provider about using medications (prescription and over-the-counter) and programs together.

Some medications require you to start taking them before you quit, so plan accordingly before you go on leave.

Make a quit plan.

Identify tough quit moments so you can fight through them (think: [beating cravings](#), [overcoming weight gain](#) and [managing stress](#)).

Let your support system know [how they can help you](#) during your quit.

Quit Day!

The day has come! Lean on your family and friends, [cut yourself some slack](#) and remind yourself that every milestone should be celebrated.



YOU CAN QUIT<sup>2</sup>

ycq2.org



Contact Us: [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)