GET STARTED

To use this activity:

1. Think about when you use tobacco.

2. Check the activities/actions that are a part of your current routine.

3. Pick what you will do instead of using tobacco. There's space for you to write in your own ideas too!

Current Routine:

Instead I Will:

Current Routine	Instead I Will
☐ "I use tobacco when I first wake up or when I drink coffee/tea."	☐ Get some cardio in ☐ Drink a different, less-caffeinated beverage ☐ Calculate how much money I will save by not using tobacco and think of fun ways to spend it ☐ _____
☐ "I use tobacco when I drink alcohol."	☐ Play a game of cornhole with friends ☐ Enjoy a non-alcoholic beverage ☐ Avoid alcohol while quitting – it's too tempting ☐ _____
☐ "I use tobacco when I'm stressed."	☐ Take a yoga class or practice at home ☐ Identify and use a new stress management tool at my desk ☐ Call or text a friend and chat with them ☐ _____

REVAMP YOUR ROUTINE BY
PUTTING DOWN TOBACCO

YOU CAN QUIT2

Current Routine:

Instead I Will:

Current Routine	Instead I Will
☐ "I use tobacco when I'm driving."	☐ Walk/bike to work to get in a little extra exercise ☐ Listen/sing to music with the windows down ☐ Eat sunflower seeds, frozen grapes or other low-calorie snacks ☐ _____
☐ "I use tobacco to get a break."	☐ Catch up with my parents… they'll be so happy ☐ Get some fresh air – not at the DUTA ☐ Scroll through social media ☐ _____
☐ "I use tobacco when I'm bored."	☐ Start a new hobby (drawing, reading, tennis, crosswording) ☐ Take a walk ☐ Meditate for 5 minutes in my room/at my desk ☐ _____
☐ "I use tobacco to stay awake."	☐ Chew on sugar-free gum or hard candy ☐ Drink or use caffeine ☐ Think about who or what I'm quitting tobacco for ☐ _____
☐ "I use tobacco when _____." ☐ "I use tobacco when _____." ☐ "I use tobacco when _____." ☐ "I use tobacco when _____."	☐ _____ ☐ _____ ☐ _____ ☐ _____

LIVE TOBACCO FREE AND GET EXCITED FOR THE NEW POSSIBILITIES!

DEPARTMENT OF DEFENSE · UNITED STATES OF AMERICA