I’m Ready to Move Towards a Healthier Me

My reason for quitting tobacco, including vaping: ____________________________________________

Decide how much time you want to give yourself before you quit. My Start Date is ___/___/____.
My reason for choosing this time period or date is: __________________________________________

Preparing to Quit
1. Consider Medications:
   - Are you thinking about Medications? __Yes __No
   - What are you thinking about using?
   - How will you access these medications?

2. Consider Other Help - check all you may try
   - I will call the Tobacco HelpLine 1-800-207-1230 on: Date _____________
   - I will use a Quit App (list which one): ________________________________
   - I will use a mobile text messaging program (list which one) _______________
   - I will use quit smoking websites daily (list which ones) _____________________

3. Consider supportive people (family or friends) you can call, email or text to help you:
   - Name: ____________________________ Phone: ___________ Email: ____________
   - Name: ____________________________ Phone: ___________ Email: ____________
   - Name: ____________________________ Phone: ___________ Email: ____________
   - I will tell people that being supportive to me means: _______________________

4. My plan to get rid of my cigarettes (or other tobacco) is: ___________________________

5. Identify your triggers and what you will do instead of use tobacco:
   - My Triggers
   - Other Options
     - ____________________________ Instead of smoking I’ll: _______________________
     - ____________________________ Instead of smoking I’ll: _______________________
     - ____________________________ Instead of smoking I’ll: _______________________
     - ____________________________ Instead of smoking I’ll: _______________________
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6. On the back of this sheet, list the short term goals (small beginning steps) that you want to accomplish.
Day By Day – Getting Ready to Quit

As I’m getting ready to quit tobacco these are the things I’ll work on.

1. First I’ll ____________________________

2. Next I’ll ____________________________

3. ____________________________

4. ____________________________

5. ____________________________