

# Quitting Checklist

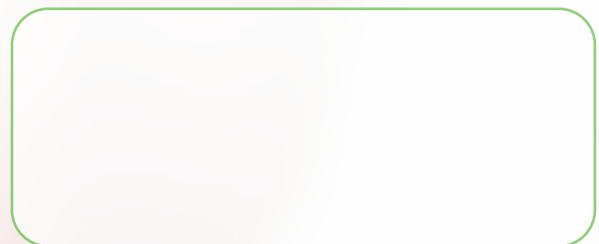
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Once you have written your Quit Plan, you can begin to prepare for your Quit Day and beyond.

Review this quitting checklist daily one to two weeks before you quit. Be sure to follow the suggestions, which will help you meet your goal.

If it is helpful, write the checklist down in your journal. You can also write it on your calendar and check each item off as you count down to your Quit Date.

- Buy any quitting aids you plan to use. These might include nicotine replacement therapies (nicotine patch or gum), relaxation CDs or audio files you can download, or a journal for recording your thoughts and feelings while you are quitting.
- Stock up on tobacco/nicotine substitutes. Try sunflower seeds, breath mints, or chewing gum.
- Let people know you are quitting. When friends and family know that you are determined to live nicotine-free, they are more likely to give you support and encouragement.
- Practice your new coping strategies and new routines. Start cutting down now on anything that makes you want to vape, smoke, or chew.
- Plan to celebrate your quit day. Throw yourself a party, cook a special dinner, or buy yourself a gift on this special day.
- Get rid of everything related to vaping, smoking, or using chew. The last thing you need during a craving is easy access to these products. If you throw it all away, you'll be one step closer to success.
- Review your plan. The more familiar you are with your written Quit Plan, the easier it will be to deal with temptations and cravings.
- Pick up any other things you want to prepare for your quit day. Anything that will help you deal with the challenges of quitting in a healthy way is worth adding to the list.



This information is not intended to take the place of regular medical care or advice. Please check with your doctor before using this information or beginning any self-care program.