



# MY QUIT PLAN

## Keys For Success

### Get Ready

- Set a Quit Date and stick to it—not a single puff!
- Avoid triggers—alcohol, coffee and other things that trigger your smoking.
- Build on your experience: consider past quit attempts, what worked and what didn't?

### Get Medications

- Nicotine Patch (OTC & Rx)
- Lozenge/Mini-Lozenge (OTC)
- Nicotine Gum (OTC)
- Nicotine Inhaler (Rx)
- Nicotine Nasal Spray (Rx)
- Bupropion (Rx)
- Varenicline (*Chantix*®)(Rx)

### Get Support

- Friends and family
- Smokefree.gov—free online resource
- Call the Quitline (800-QUIT-NOW)
  - Get free coaching and support that is confidential and non-judgmental
  - Available 24/7

## My Quit Date

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## Things to Remember

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## Medications/When to Start

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## Other Plans/Helpful Ideas

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