**QUIT Smoking Action Plan** Season, Year: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Initial Visit

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| wk | Date | Ready / 10 | # CPD | # YRS | Time 1st cig | Your quit goal |
| 0 |  |  |  |  |  |  |

|  |
| --- |
| **First Phase: Initial Reduction** |

Month 1

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| wk | Week | Write # cig smoked per day | | | | | | | Nicotine used | Goal |
| 1 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 2 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 3 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 4 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |

|  |
| --- |
| **Second phase: Reduction to Cessation** |

Month 2

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| wk | Week | Write # cig smoked per day | | | | | | | Nicotine used | Goal |
| 5 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 6 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 7 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 8 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |

Month 3

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| wk | Week | Write # cig smoked per day | | | | | | | Nicotine used | Goal |
| 9 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 10 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 11 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |
| 12 |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |

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| --- |
| **Third phase: Maintenance** |

Month 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| wk | Week | Avg # CPD | Cravings & coping | Nicotine used | Goal |
| 13 |  |  |  |  |  |
| 14 |  |  |  |  |  |
| 15 |  |  |  |  |  |
| 16 |  |  |  |  |  |

Month 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| wk | Week | Avg # CPD | Cravings & coping | Nicotine used | Goal |
| 17 |  |  |  |  |  |
| 18 |  |  |  |  |  |
| 19 |  |  |  |  |  |
| 20 |  |  |  |  |  |

|  |
| --- |
| **Fourth phase: Prevention** |

Month 6

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| wk | Week | | Avg # CPD | Prevention strategies | Nicotine used | Goal |
| 21-22 | |  |  |  |  |  |
| 23-24 | |  |  |  |  |  |
| 25-26 | |  |  |  |  |  |

**NOTE**: Your nicotine supply runs out at 26 weeks!

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Smoking strategy** |

Reasons to quit Supports

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |

Coping strategies & ideas (hobbies)

|  |  |
| --- | --- |
|  | Distract yourself |
|  | Delay the cig |
|  | Drink water |
|  | Deep breathing |
|  |  |
|  |  |
|  |  |

Cravings & barriers

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |

Potential reasons for relapse

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |

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|  |
| --- |
| **Smoking status at initial visit** |

Smoking routine (cross if removed)

|  |
| --- |
| [ ] wake up/first thing in morning |
| [ ] with coffee/tea |
| [ ] after meals/desert |
| [ ] when stressed/bored |
| [ ] others/social/parties |
| [ ] sight/smell of smoke |
| [ ] on the phone/computer |
| [ ] when walking/driving |
| [ ] work/breaks |
| [ ] late in evening/at night |

Smoking preference (cross if improved)

|  |  |
| --- | --- |
| Worse | Better |
| [ ] indoor | [ ] outdoor |
| [ ] the whole cig | [ ] partial cig |
| [ ] deep puffs | [ ] regular puffs |
| [ ] native cigs | [ ] exercise |

Respiratory symptoms (cross if gone)

|  |  |
| --- | --- |
| [ ] Shortn of breath | [ ] Cough |
| [ ] Chest tightness | [ ] Wheeze |

**Quick Guide**

|  |  |
| --- | --- |
| **Avoid Your Triggers** | **12 things to consider when quitting:** |
| * with coffee/tea * after meals/desert * when walking/driving * on phone/computer/tv * stress/boredom * social/others/parties * sight/smell of smoke * evening/night smoking * at work/breaks * in certain locations * with alcohol   **Reduce Cigarette Harm**   * smoking outside * smoke only part of cigarette * regular or shallow puffs * light exercise or walking | **Cautions:**  FOOD (sugar,alcohol vs celery,carrots)  SOCIAL (friends,family, parties, fun)  TRIGGERS (events, persons, stressors)  **Locations:**  SOURCE (detour, avoid, explain)  PLACES (coffee out, library, mall)  HARM RED (outside, inhalation)  **Ideas:**  TRICKS (throw 2 cigarettes away, ashtrays)  REWARDS (money saved for fun activity)  IDENTITY (see yourself as a non-smoker)  KEEP BUSY (cheap, accessible, affordable)  **Supports:**  YOUR TEAM (friend, family, other)  OUR SERVICES (diet, social worker, gym) |