

My Quit Plan

KEYS FOR QUITTING 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 & 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
 - Get free coaching and support that is confidential and non-judgemental
 - Available 24/7

★ MY QUIT DATE ★

Things to Remember

My Medications & When to Start

Other Plans/Helpful Ideas

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW



UW-CTRI
UNIVERSITY OF WISCONSIN
Center for Tobacco
Research & Intervention