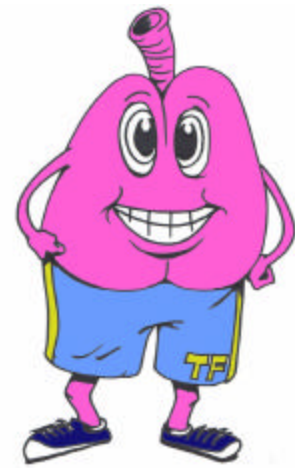


PREPARING TO QUIT

1. Set a quit date within the next two weeks.

My quit date will be _____

2. Tell your family and friends you are quitting. Find someone to be your support.
3. If you live with smokers, ask them to help you by. . .
 - not smoking when you are there
 - not leaving cigarettes and ashtrays around
 - not offering you any cigarettes
4. Plan to give yourself a special treat for quitting.
5. Put up “NO SMOKING” signs now.
6. Throw away all of your cigarettes, ashtrays, and lighters.
7. Clean out your purse and coat pockets.
8. Clean out your car.



Keep available...

Chewing gum or mints

Plastic straws

Cinnamon sticks

Celery and/or carrot sticks

Toothpicks

Pieces of fruit

Hard candy

Throat lozenges

**Tell yourself
each day...**

**“I can quit
Smoking!”**

You CAN do it.

