



## My Quit Plan

1. My quit date: \_\_\_/\_\_\_/\_\_\_

2. My quit method:

- Cold Turkey
- Reducing gradually
- With Nicotine Replacement Therapy. If so, with:
  - Nicotine gum
  - Nicotine lozenge
  - Nicotine inhaler
  - Nicotine spray
  - Nicotine patch

3. Other support I will use:

- Local quit group
- Join iSISTAQUIT sistahood
- Quit Txt program
- Quitline 137848
- Quit coach website
- Other:

4. My triggers and challenges and how I will deal with them

My triggers and challenges	My solutions

5. My reward for being smoke/vape-free:

Time Smoke/Vape free	Reward