Quit smoking plan

5 steps to your first smoke-free day

Step	My plan
Quit date	
My reasons for quitting	
Medication (discuss with my doctor)	
My triggers	
What I will do instead	
Who will support me	

Medication (NRT, varenicline) plus support greatly improves your chances. Free coaching: 1-800-QUIT-NOW. A slip is not a failure: learn from it and try again.