

# Quitter's Checklist and Web Companion

Help for Those Leaving Cigarettes Behind

## ➤ The Checklist

To help you start your journey, complete the items on this list.

Each can help you get and stay organized.

- Ask your doctor for advice to help you make your quit plan
- Pick your quit date
- Decide how you want to quit
- Throw away all of your cigarettes
- Get support from family and friends
- Track your progress
- Stay with your plan and stay quit

## ➤ The Web Companion

You may find it helpful to visit the following Web sites:

**American Cancer Society – *Guide to Quitting Smoking***

[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp)

**American Heart Association – *Stop Smoking: Resources and Tools for Quitting***

<http://www.americanheart.org/presenter.jhtml?identifier=3038010>

**American Stroke Association – *Smoking Cessation***

<http://www.strokeassociation.org/presenter.jhtml?identifier=4731>

**Mayo Clinic – *MayoClinic.com: Smoking-Related Illnesses Come With***

***Significant Costs: Both Financial and Quality of Life***

<http://www.mayoclinic.org/news2008-mchi/5031.html>

**Smokefree.gov – *Online Guide to Quitting***

<http://www.smokefree.gov/quit-smoking/index.html>

**Try to Stop Tobacco Resource Center – *I Want to Quit!***

<http://www.trytostop.org/quitting-smoking/iwanttoquit.html>

Please see reverse side for more help quitting!



## Personal Progress Tracker

Use this form to create a record of your quit experiences during the month. Make photocopies for future months. Carry it with you. Tape it to your refrigerator. Write your daily successes and challenges. Learn what works for you and what doesn't.

### Every Day Is a Chance for a Fresh Start—Without Cigarettes

Day	Smoking Triggers or Temptations	Did You Smoke? Y or N	Ways You Avoided Smoking
<i>Example</i>	Coworkers took a cigarette break	N	Had a cup of tea, read the news
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

**Congratulations!** That's a month of trying to quit! Add up the "Y" and "N" answers. Plan on improving next month. Speak to your doctor about how you've done so far. And remember, every day is an opportunity to be quit!