

**My Plan for Quitting Smoking**

Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

**I am going to quit smoking:**

\_\_\_\_\_ Cold turkey: I will be ready to quit cold turkey on \_\_\_\_\_.

\_\_\_\_\_ Gradually: I will decrease the number of cigarettes I smoke per day over a \_\_\_\_\_ week period until I am down to \_\_\_\_\_ cigarettes/day.

\_\_\_\_\_ Other: \_\_\_\_\_.

**My quit date is:** \_\_\_\_\_.

**I want to quit smoking because:**

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**My support person is:**

Name: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**I will reward myself by:**

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