



My Quit Plan

My main reason for quitting: _____

| My triggers for smoking | My strategies for quitting |
|-------------------------|----------------------------|
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| | |

| My high risk situations | My coping strategies |
|-------------------------|----------------------|
| | |
| | |

I save \$_____ every 2 days

I save \$_____ every week

I am going to reward myself by _____

My planned quit date is _____

