



# My Plan To Quit Smoking

Write down the reasons you want to quit smoking. Here are some examples:

- To improve my health
- To protect my family
- To have more energy
- To save money



**Reasons I want to quit smoking:**

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Write down steps you plan to take to quit smoking. For example, you might:

- **Set a quit date.**

My quit date is:

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## My Plan To Quit Smoking

*(continued)*

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- **Ask family and friends to help you.**

Names: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- **Find a local program to help you quit smoking.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- **Make a list of things to do when you get the urge to smoke.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Now is the best time to quit smoking.**

**Don't put it off for later.**