

Smoking Quit Plan

Dear [Recipient's Name],

Congratulations on your decision to quit smoking! Below is your personalized quit plan to help you on your journey:

1. Set a Quit Date

Choose a date within the next two weeks to quit smoking. Mark it on your calendar!

2. Identify Triggers

Make a list of situations that make you want to smoke and develop strategies to avoid them.

3. Seek Support

Tell family and friends about your plan and ask for their support. Consider joining a support group.

4. Consider Nicotine Replacement Therapy

Talk to your healthcare provider about options such as patches, gum, or lozenges.

5. Stay Active

Exercise can help reduce cravings and ease withdrawal symptoms. Aim for at least 30 minutes a day.

6. Reward Yourself

Set milestones and reward yourself for each smoke-free day or week.

You can do this! Remember, it's normal to have setbacks--keep pushing forward!

Sincerely,
[Your Name]