

Day 14	Day 13	Day 12	Day 11	Day 10	Day 9	Day 8
<p>Set a date to quit and write it in the quit day square on the other side of the quit planner. Make sure it's realistic and that you can stick to it.</p> <p>_____</p>	<p>Write a list of the reasons why you smoke and what triggers you to smoke.</p> <p>_____</p>	<p>Write a list of your reasons for quitting below. Put a copy on the fridge, in the car and anywhere else handy.</p> <p>_____</p>	<p>Call the Quitline on <b>13 7848</b>, text them for a call back on <b>0477 765 007</b> or chat with them online <b>quitlinesa.org.au</b> for advice and support on quitting. Write down what you would like to discuss with Quitline.</p> <p>_____</p>	<p>It helps to quit with a friend or partner, if you can. Find a 'Quit Buddy' to encourage and support each other or download the free 'My QuitBuddy' app on your mobile.</p> <p>_____</p>	<p>Ask your family, friends and workmates for support while you quit. Think about the changes you will need to make to your daily routine, to avoid situations where you usually smoke. Make a list of the changes.</p> <p>_____</p>	<p>If you have any health problems, such as depression, asthma or a heart condition, talk to your doctor about your quit plan. Write down the questions you would like to ask.</p> <p>_____</p>
Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1
<p>Not everyone gains weight when they quit smoking, but if you're worried, see your doctor or a dietician, and develop a healthy eating and exercise plan. Make a list of what you could change.</p> <p>_____</p>	<p>Using stop smoking medications like a combination of nicotine replacement therapy (NRT), patches plus a faster acting NRT such as gum, lozenges, inhalator, or mouth spray will actually increase your chances of success. Talk to your doctor or pharmacist about whether these options might be useful for you. Write down the questions you would like to ask.</p> <p>_____</p>	<p>Others smoking around you will make quitting more difficult. Make your work area, home and car smoke-free. Make a list of what you can change.</p> <p>_____</p>	<p>Work out how much you can save over the next 12 months by quitting. For example, if you smoke a packet of cigarettes a day, you could save over \$14,000 a year. Use the quit saving calculator at <b>makesmokinghistory.org.au</b>. Make a list of what you'll spend the money on.</p> <p>_____</p>	<p>Plan for how you'll cope with any cravings, and remember the 4Ds – Delay, Drink water, Deep breathe, and Do something else. Write down a few things you can do instead of smoking.</p> <p>_____</p>	<p>Are you thinking about how hard quitting could be, or are you looking forward to the challenge? Acknowledge your feelings, but stick to your decision. You're doing the right thing.</p> <p>_____</p>	<p>Check your house, car, work-place (and anywhere else that has anything to do with smoking) and throw out cigarettes, lighters and ashtrays. Make a list of what else you need to change.</p> <p>_____</p>

# QUIT PLANNER

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 <p>Date: _____</p> <p><b>I am now a non-smoker.</b></p> <p>Write down what your thoughts and feelings are.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>24 hours after quitting, nicotine is out of your system, the carbon monoxide level in your blood has dropped dramatically and your lungs are working better. Write down what changes you are noticing.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>After 2 days, your sense of taste and smell will improve. Write down what changes you are noticing.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Withdrawal symptoms like cravings, headaches, coughing, mood swings and irritation are normal. Your body is starting to recover. Go for a walk – it will help you feel relaxed and prevent weight gain. Make a list of what else you can do.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Remind yourself to confront your cravings with the 4Ds – Delay, Drink water, Deep breathe &amp; Do something else. Try not to drink alcohol as it can weaken your resolve. Make a list of what you can do to deal with your cravings.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Since quitting, your body is absorbing caffeine more easily. Try cutting back on tea and coffee, and drink water instead. Write down what other healthy beverages you could have.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>If there are situations where you are tempted to smoke, make changes to your daily routine to avoid them. Write down what changes you can make to your routine.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>Congratulations, you've been a non-smoker for a week! Reward yourself. Write down how you can reward yourself.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Exercise, or get a massage and remember to breathe deeply to help you relax during difficult times. Remember you can always call Quitline on <b>13 7848</b> for a chat. Write down what else would help you.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Congratulate yourself every time you resist the urge to smoke. Write down what you could tell yourself.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Remember your plan for healthy eating. Eat smaller meals more often, and keep low fat and sugar free snacks nearby. Write down a list of healthy snacks you would like.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>If you've slipped up and had a cigarette, don't give up! Remember your reasons for quitting and continue being a non-smoker. Write down your reasons for quitting.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Remember if you need some extra support, call the Quitline on <b>13 7848</b>, text them for a call back on <b>0477 765 007</b> or chat with them online <b>quitlinesa.org.au</b> Write down what you would like to discuss with Quitline.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Practise saying 'I am a non-smoker'. Refuse offers of cigarettes from others. If needed, continue to avoid situations where you'll be offered a cigarette and where you might be tempted to smoke. Write down how you can avoid those situations.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>