

Quit Prep Planner: Build Your Week, Build Your Future



How to Use This Planner

Start small, build strong habits

This planner is designed to get you ready to quit smoking or vaping. Most people don't just stop overnight. What works is breaking the habit into smaller steps and proving to yourself you can take control. Whether you want to reduce the amount you smoke or use this planner to prepare you for a quit date, finding out more about your habits can really help you succeed. If you do smoke, that's fine, there's always a chance to reset. Use this planner to reflect on why you smoked, how you felt and what you could do to avoid that trigger in the future.

Every day you'll do four things:

Notice your trigger

When do you usually smoke or vape? Is it with coffee, on break, when stressed, or out with friends?



Choose your swap

What could you do instead? Something that keeps your hands busy, calms you down, or distracts your mind.



My Back Up plan

Write down your back-up rule.
For example: If I want a vape after dinner, then I'll grab a bottle of water first.



Pick a reward

Pop a little money in a jar for every cigarette you skip and save for something you want or take ten minutes to relax on the sofa or call a friend instead.

At the end of the week, you'll reflect on what worked and what you want to try differently. This is how small swaps add up to big changes.

Quick Example:

Trigger: Coffee break



Swap: Walk round the block



If-Then: If I crave after coffee, then I'll message a mate first



Reward: Put £1 in a jar

Did you know?

"Most people who quit successfully planned first. By using this planner, you're already one step ahead."

Swap Bank

Quick Wins for Any Craving

When you feel the urge to smoke or vape, try one of these simple swaps. Most cravings fade in under 10 minutes so if you distract yourself, you've already won.

Keep your hands busy

Grab a stress ball, doodle, play a quick game on your phone, or send a message to a mate.

Make healthier choices

Drink some water, chew gum or mints, crunch an apple or carrot, or brush your teeth for a fresh reset.

Move your body

Stretch, walk around the block, climb stairs, or dance to one song. Even two minutes of movement helps.

Calm your mind

Put on music or a podcast, write down your thoughts, try "box breathing" (in 4, hold 4, out 4, hold 4), or step outside for fresh air.

In social situations

Hold a drink or gum instead of a vape, stick with non-smokers, or offer to be the driver as it's an easy excuse to say no.

After meals

Get up straight away, brush your teeth, go for a short walk, or make a tea or coffee instead.

Tip: You don't need to try all of these. Find one or two swaps that work for you and practice them until they become your new normal.

Daily Tracker – Day 1

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Did you know?

*"Each craving resisted is a training rep for your willpower.
You're getting stronger every time."*

Daily Tracker – Day 2

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Top Tip:

"Track your savings, even one less disposable vape a week adds up fast."

Daily Tracker – Day 3

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Did you know?

“Most young adults in Stoke don't smoke or vape. You're not missing out, you're getting ahead.”

Daily Tracker – Day 4

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Top Tip:

"The calm from smoking fades quickly. The energy from quitting lasts all day."

Daily Tracker – Day 5

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Top Tip:

"Delay each vape or cigarette by 10 minutes. You'll find some cravings disappear before you act."

Daily Tracker – Day 6

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Keep going

"Each small swap proves you're someone who can take control. This is who you are becoming."

Daily Tracker – Day 7

My Daily Quit Prep

Each day of the week is different, plan to quit, whether that's knowing you need to avoid the smoking area on your work break or realising there may be triggers at social events over the weekend, each day will have its own challenges. Note yours here.

My Trigger

When do I usually smoke/vape?
(e.g., with food/drink, with friends, when stressed)



My Swap Plan

What will I do instead?
(e.g. chew gum, stretch, message a mate)



My Back Up Plan

If I get a craving, then I will...
(e.g. drink water first, take a short walk)



My Reward

What will I give myself if I stick to this?
(e.g. put £1 in a jar, watch my show)

Was today a smoke free day?

Yes:

No:

Notes:

Did you know?

“With specialist support, you’re up to three times more likely to quit successfully.”

One Week Reflection

What I Learned This Week

What worked best for me

(e.g. swapping at lunchtime, drinking more water)



What was hardest

(e.g. after work, when stressed, social situations)



What surprised me

(e.g. cravings didn't last long, saving money felt good)



What I'll try differently next week

(e.g. bring gum, plan evening swaps better)

Are you proud of yourself this week?

Yes:

No:

Notes:

Whether you stopped entirely or managed to cut down on smoking, note here what you achieved and what you could do to keep going successfully.

Don't give up

"Setbacks happen and they're part of the process. Every day is a chance to reset."

Next Steps

You've built new habits, tested your swaps, and proved you can take control. **Now it's time for the next step: setting your quit date.**

Quitting is tough, but you don't have to do it alone. With specialist support, you are up to three times more likely to **quit for good.**

In Stoke-on-Trent, you can get **free support, nicotine patches, vapes, and a personalised quit plan** that fits your life and your routine.

Now that you know your triggers and what works for you, you're ready to make the change.

Contact **Quit Smoking Stoke-on-Trent** to set your quit date and take the final step to becoming smoke-free and staying smoke-free.

Visit our website at:

www.quitsmokingstoke.co.uk/contact

Call us on 0808 169 1869 or

Scan the QR code to find out more.



Set a date. Quit for good.

You are not alone.
Get free, friendly,
confidential support.

