

Tobacco-free plan



My Stop Smoking Date is: / /

This is the right date for me because:

The treatment* I am going to use is:

*If you are going to use an e-cigarette instead of treatment to become tobacco-free, ask your Coach for the 'Your guide to becoming tobacco-free', which has information and tips on choosing an e-cigarette and using it to become tobacco-free.

The date I need to start taking my treatment is: / /

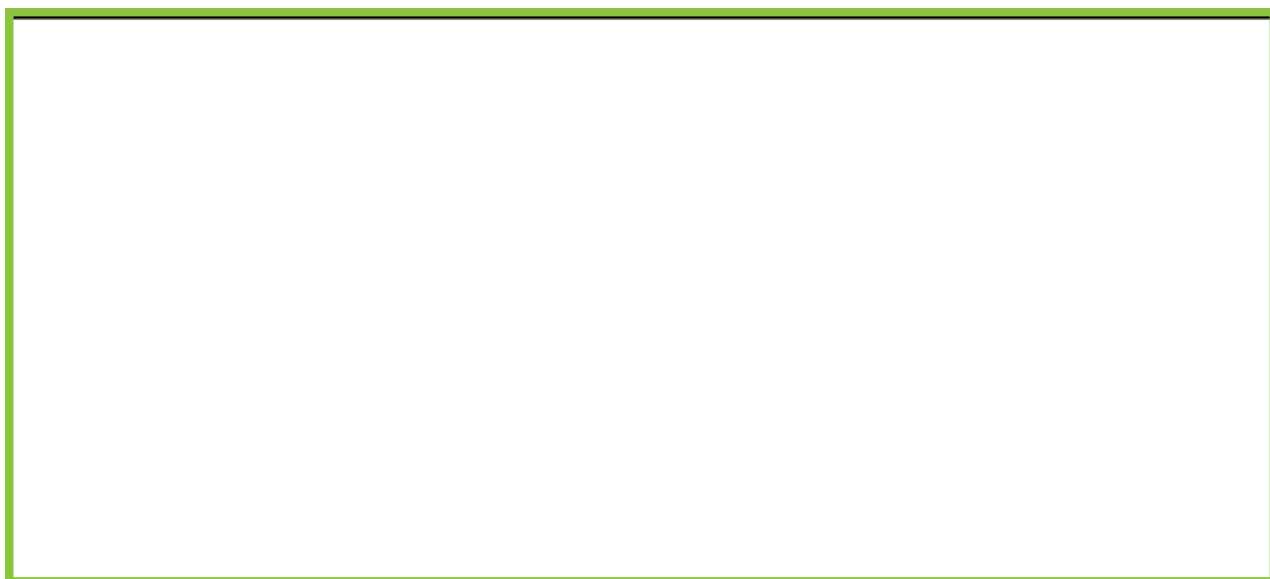
These are people in my life who will support me:

I can 'phone a friend' for support. Their numbers are:

My plans for managing my withdrawal symptoms:



Distractions I will use if I am tempted:



This is what I will tell myself when I feel tempted:

