

Quit Smoking

Personal Action Worksheet

My Quit Day

My reasons to quit smoking:

Quit buddy name:

Other supporters:

Doctor's office phone number:

Ways to deal with cigarette cravings:

Take a walk

Brush your teeth after every meal

Cigarette substitutes:

Gum

Hard candy



→ **Quit Fact**

80% of successful ex-smokers quit "cold turkey" by setting a Quit Day and stopping completely on that day.

Quitting smoking is the best thing you can do for your baby and yourself!

My Personalized Action Plan

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

→ Quit Fact

Infants of mothers who stop smoking in the first trimester have weight and body measurements comparable with those of nonsmokers' infants.

→ Quit Fact

Half the people who have smoked, have quit. You can, too!

