

# Checklist for Preparing to Lead a Smoke-Free Life

- Choose a specific date on which you will go completely “smoke-free.”
- Fill in “smoke-free” date on your calendar.
- Go public. Tell your family, friends and colleagues that you plan to quit.
- Put a support group in place.
- Choose your method of quitting. (The more strategies you use, the higher your odds of success.)
- Ready yourself physically.
- Set goals.
- Share goals with the people in your support group.
- List benefits of not smoking.
- Buy a water bottle to drink from whenever you feel the need to smoke.
- Learn deep breathing exercises.
- Decide how many cigarettes you’ll smoke on a given day and carry no more than that with you.
- Avoid or limit alcohol, sugar and caffeine intake.
- Have plan for distracting yourself when you feel like lighting up.
- Have clothes, carpets, drapes and furniture cleaned.
- Prepare strategies to address weight-gain concerns.
- Stay in contact with the health care provider who prescribes your medication to help you go smoke-free.
- Make preparations for managing nicotine withdrawal cravings.

WE’RE GOING  
**SMOKE**  
AND TOBACCO  
**FREE**

