



Planning for My Quit Day Checklist

After you have decided what you will do on your quit day, it will be important to make the necessary preparations for your first smoke-free day. Below is a list of suggestions. Tick off the ones that you like and add any others that come to mind.

- List reasons for quitting and put them on the bathroom mirror.
- Buy fresh vegetables and make a good supply of vegetable sticks for snacking.
- Buy two cans of unsweetened fruit juice.
- Get rid of all ashtrays and matches.
- Remind family of the big day and ask them not to mention the word smoking. Also, tell them you want to be treated with tender loving care.
- Get money jar ready. (Save change you would normally spend on cigarettes. It sounds great when you drop it in the jar.)
- Buy your supply of patches or gum.
- Make an appointment to see your doctor to discuss your medication and quitting smoking.
- Others

Adapted from *Stop Smoking: A Cessation Resource for Those Who Work With Women*, Canadian Public Health Association. 2006.