



**Follow this 5-day countdown  
to your quit date**

## 5 days before your quit date

Think about  
your reasons  
for quitting.

Tell your  
friends and  
family you  
are planning  
to quit.

Stop  
buying  
cigarettes.

## 4 days before your quit date

Pay attention  
to when and why  
you smoke.

Think of  
other things  
to hold in  
your hand  
instead of a  
cigarette.

Think of habits  
or routines to  
change.

## 3 days before your quit date

What will you do with the extra money when you stop buying cigarettes?

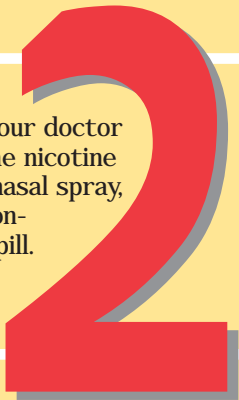
Think of who to reach out to when you need help.

3

## 2 days before your quit date

Buy the nicotine patch or  
nicotine gum.

Or see your doctor  
to get the nicotine  
inhaler, nasal spray,  
or the non-  
nicotine pill.




## 1 day before your quit date

Put away lighters and ashtrays.

Throw away all cigarettes and matches.

Clean your clothes to get rid of the smell of cigarette smoke.



Keep very busy.

Remind family and friends that this  
is your quit day.



**QUIT  
DAY**

Stay away from alcohol.

Give yourself a treat,  
or do something special.



Congratulations!!!



If you “slip” and smoke, don’t give up.  
Set a new date to get back on track.



**SMOKE  
FREE**



Call a friend or “quit smoking”  
support group.

Eat healthy food and get exercise.