

# You can quit smoking 5 day count down

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**My Quit Date:** \_\_\_\_\_

## **5 days before you quit**

- Think about your reasons for quitting.
- Tell family and friends you are quitting.
- Stop buying cigarettes.

## **4 days before you quit**

- Pay attention to when and why you smoke.
- Think of other things to hold in your hand.
- Think of habits and routines to change.

## **3 days before you quit**

- Think about what you will do with all the money you save.
  - Think about who you will reach out to for help.
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## **2 days before you quit**

- Buy the nicotine patch or other smoking cessation items.

## **1 day before you quit**

- Put away lighters and ashtrays.
- Throw away all cigarettes and matches.
- Clean all your clothes.

## **Quit day**

- Keep busy.
- Remind family and friends about your quit day.
- Stay away from alcohol.
- Give yourself a treat or do something special.