



Once you've decided on a quit method and the types of support you will need, pick a day to quit. Consult your schedule and choose a less stressful period. This will make it easier to cope with the nicotine withdrawal symptoms.

When you know you are ready, fill up the date in the pledge below.

My I QUIT Pledge

With the help of my family, friends and Quit Consultants,
I pledge to quit smoking today:

(DATE)

A WEEK BEFORE YOUR 'QUIT DAY'

- Decide on your quit method (page 9)
- Talk to a Quit Consultant and decide if pharmacotherapy is required (pages 10 and 18)
- Recall your top 3 reasons for quitting (page 7)

A DAY BEFORE YOUR 'QUIT DAY'

- Throw away all ashtrays, lighters and cigarettes
- Train your mind to say 'NO' to cigarettes and tell yourself you can do it
- Rally your friends and loved ones to help you (page 14)

ON 'QUIT DAY'

- Stop smoking completely
- Remind yourself of your reasons to quit whenever you are tempted to light a cigarette
- Call your support buddies or the QuitLine whenever you need support and encouragement