



**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?

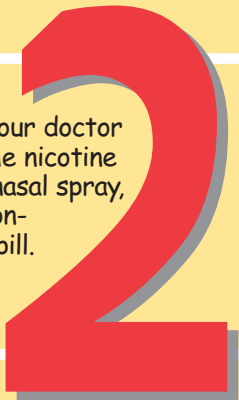
Think of who to reach out to when you need help.

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.



For more help...

For help in quitting smoking,
call the
National Cancer Institute's
Smoking Quitline
toll-free: 1-877-44U-QUIT.



**U.S. Department of Health
and Human Services**
Public Health Service

May 2003