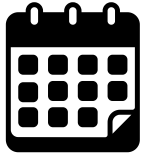


Tobacco-Free Challenge

Congratulations! Deciding to **quit tobacco** is one of the most important steps you can take to **improve your health**. Preparation is key to quitting successfully, and **making a plan** to quit is the first step. Consider your **motivation** to quit, talk to your health care provider and prepare for possible triggers and obstacles to help improve your chances at **success**.



Week 1

The 'Why'



- Take time to track your tobacco use. Notice times of day and how much tobacco you use.
- Identify how you feel when you use tobacco.
- Identify why you want to quit. Write down a different reason each day and display it in an area you notice frequently.
- Choose a date to quit tobacco products.



Week 2

The 'How'



- Talk to your healthcare provider for planned support in your quit journey. This could mean medications, counseling, use of quitlines, text and chat programs, etc.
- Make a quit plan. Be as specific as possible.
 - Identify triggers for your tobacco use. List out alternative ways to cope without tobacco products.
 - Remove tobacco-related items from your environment (e.g., lighters, ash trays, dip cans, e-cigarettes, pouches).
 - Create a plan for managing cravings. Write out "When I have a craving, I will ____, " statements.
 - Create a healthy reward system for days, weeks, and months that you stay quit.
 - Make a plan for how you will address possible difficulties and slip-ups.



Week 3

The 'Who'



- Identify a network of people for support.
- Share your quit date and quit plan with your support group and ask for specific help (e.g., check-ins, tobacco-free environments, positive words)
- Share your reasons for quitting with loved ones.
- If you know someone who wants to quit, ask to be accountability buddies.



Week 4

The 'When'



- Your quit date is days away! Review your Why, How and Who and make any additions and adjustments as needed in your plan.
- On your quit day, make sure there are no tobacco-related items in your environment.
- Celebrate your decision and quit day with loved ones.



Slip Ups

Now What?



- If you slip up, give yourself grace. It happens!
- Identify why and how you slipped up, then adjust your quit plan as need be.
- Review your reasons for quitting and your commitment.
- Lean on your support system to help you get back on track. You got this!