Follow this 5-day countdown to your quit date
Tell your friends and family you are planning to quit.

5 days before your quit date

Think about your reasons for quitting.

Stop buying cigarettes.
4 days before your quit date

Pay attention to when and why you smoke.

Think of habits or routines to change.

Think of other things to hold in your hand instead of a cigarette.
Think of who to reach out to when you need help.

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

3 days before your quit date
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.

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.