

SMOKE FREE

Why do I want to quit?

- 1.
- 2.
- 3.
- 4.

(save money, better for my health)

When & Why do I smoke?

When

- 1.
- 2.
- 3.
- 4.

(drinking coffee, watching t.v.)

Why

- 1.
- 2.
- 3.
- 4.

(stressed, bored, angry)

IDEAS

- Go for a walk
- Chew sugar-free gum
- Do something else with my hands
- Eat more fresh fruit and vegetables
- Remind myself what I do well
- Stay away from second-hand smoke

Instead of smoking I will

- 1.
- 2.
- 3.
- 4.

BENEFITS

- Within 20 minutes blood pressure drops to normal
- Within 8 hours the carbon monoxide level in your blood drops and oxygen levels rise
- Within 48 hours your ability to smell and taste will improve
- You will be healthier and stronger
- You will reduce your risk of heart disease

People who will help me

Name	Phone
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- 1.
- 2.

other support
smokers' helpline
1-877-513-5333

My rewards for quitting

- 1.
- 2.
- 3.

**Remember, if you slip and have a cigarette, it is only a set back, not a failure, keep trying!
On average it takes about 7 tries to be smoke-free, so keep trying to quit smoking!**