

Quit Planner

Countdown to Quit

Day 14	Day 13	Day 12	Day 11	Day 10	Day 9	Day 8
Set a date to quit and write it in the quit day square below. Make sure it's realistic and that you can stick to it!	Write a list of the reasons why you smoke and what 'triggers' you to smoke.	Write a list of your reasons for quitting below. Put a copy on the fridge, in the car and anywhere else handy.	For advice and support on quitting, call the Quitline on 13 7848 or you can register online with quitcoach.org.au	It helps to Quit with a friend or partner, so if you can. Find a ' Quit Buddy ' to encourage and support each other or download the free ' Quit Buddy ' app on your mobile.	Ask your family, friends and workmates for support while you quit. Think about the changes you will need to make to your daily routine, to avoid situations where you usually smoke.	If you have any health problems, such as depression, asthma or heart condition, talk to your doctor about your quit plan.
Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1
Not everyone gains weight when they quit smoking, but if you're worried, see your doctor or a dietitian, and develop a healthy eating and exercise plan for you.	If you're a heavy smoker, Nicotine Replacement Therapy (NRT), products such as patches, gum and inhalers, or other quit smoking medications may improve your chance of success. Talk to your doctor or pharmacist about whether these options might be useful for you.	Others smoking around you will make quitting more difficult. Make your work area, home and car smoke-free.	Work out how much you can save over next 12 months by quitting. For example, if you smoke a packet of cigarettes a day, you could save about \$6,500 a year . Make a list of what you'll spend the money on.	Plan for how you'll cope with any cravings, and remember the 4Ds – Delay, Drink water, Deep breathe, & Do something else .	Are you thinking about how hard quitting could be, or are you looking forward to the challenge? Acknowledge your feelings, but stick to your decision. You're doing the right thing.	Check your house, car, workplace (and anywhere else that has anything to do with smoking) and throw out cigarettes, lighters and ashtrays .

Quit

Quit Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	24 hours after quitting, nicotine is out of your system, the carbon monoxide level in your blood has dropped dramatically and your lungs are working better.	After 2 days, your sense of taste and smell will improve.	Withdrawal symptoms like cravings, headaches and coughing, mood swings and irritation are normal. Your body is starting to recover. Go for a walk – it will help you feel relaxed and prevent weight gain.	Remind yourself to confront your cravings with the 4Ds – Delay, Drink water, Deep breathe & Do something else. Try not to drink alcohol as it can weaken your resolve.	Since quitting, your body is absorbing caffeine more easily. Try cutting back on tea and coffee, and drink water instead.	If there are situations where you are tempted to smoke, make changes to your daily routine to avoid them.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Congratulations, you've been a non-smoker for a week! Reward yourself.	Exercise, or get a massage and remember to breathe deeply to help you relax during difficult times.	Congratulate yourself every time you resist the urge to smoke.	Remember your plan for healthy eating. Eat smaller meals more often, and keep low fat and sugar free snacks nearby.	If you've slipped up and had a cigarette, don't give up! Remember your reasons for quitting and continue being a non-smoker .	If you need some extra support, call the Quitline on 13 7848 .	Practice saying ' I am a non-smoker '. Refuse offers of cigarettes from others. If needed, continue to avoid situations where you'll be offered a cigarette.