



# TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals



## My Quit Plan

My reasons to become tobacco free

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Triggers

Things that create a strong urge for me to use tobacco

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Quitting Support Technique

Way to overcome each urge

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My Quit Date is 

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My plans for Quit Day are

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My REWARD(S) for not using tobacco

For each hour 

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For each day 

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For each week 

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For the longer term 

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My Quitting Buddy is 

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The best way for 

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 to support me is to

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My Support Persons are 

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They will support me by 

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The GOOD THINGS I've found about BEING TOBACCO FREE are

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[AlbertaQuits.ca](http://AlbertaQuits.ca)

Call toll-free

1-866-710-QUIT (7848)

