



TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals



My Tobacco Change Plan

My reasons to become tobacco free

Triggers

Things that create a strong urge for me to use tobacco

My Coping Strategies:

Way to overcome each urge

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NRT (Nicotine Replacement Therapy)

Instructions

Prescription	

My REWARD(S) for not using tobacco

My support persons are:

They will support me by:

My follow-up:

My Change Date is:

My Plans for Change Day are:



AlbertaQuits.ca

Call toll-free
1-866-710-QUIT (7848)

