

Quit Smoking Checklist

- Set a quit date
- Throw away cigarettes, lighters, and ashtrays
- Tell friends and family you're quitting
- Identify smoking triggers and plan how to avoid them
- Choose a quitting method (cold turkey, gradual, nicotine replacement, etc.)
- Stock up on gum, mints, or other oral substitutes
- Plan for cravings and withdrawal symptoms
- Avoid alcohol and other triggers during early days
- Prepare for stress — practice breathing, walking, or journaling
- Download a quit smoking app or tracker
- Keep a daily log of progress and setbacks
- Celebrate small wins — one day, one week, one month
- If you slip, restart immediately without judgment
- Schedule a check-in with your doctor or healthcare provider

Medical Disclaimer:

This checklist is for informational purposes only and does not constitute medical advice. Always consult a licensed healthcare professional before starting any smoking cessation program.

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