

Smoking Cessation Checklist

Use this checklist to prepare for and stay committed to quitting smoking.

Before You Quit

- Set a quit date
- Tell family and friends for support
- Identify triggers that make you want to smoke
- Remove cigarettes, lighters, and ashtrays from your home and car
- Choose a method: cold turkey, gradual reduction, or smoking cessation aids
- Talk to a healthcare provider about nicotine replacement options or prescription medications
- Prepare healthy distractions (gum, mints, water, stress ball, etc.)
- Plan how to manage cravings and stress

On Quit Day

- Do not smoke at all
- Stay busy—go for a walk, chew gum, drink water
- Avoid people and situations where you used to smoke
- Reward yourself for staying smoke-free

After You Quit

- Track your smoke-free days and celebrate milestones
- Revisit your reasons for quitting when tempted
- Keep healthy snacks and distractions on hand
- Stay away from triggers and alcohol
- Join a support group or talk to a counselor
- Be patient—withdrawal symptoms will fade
- Keep reminding yourself: one cigarette is a full relapse

Medical Disclaimer:

This checklist is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider before starting any smoking cessation program.