GET READY

Think about quitting...

Orange take home sheet

QUIT STEP Smoking diary

Make a record over a couple of days each time you have a smoke.

Date	Time of day	What was I feeling?	What was I doing?	Who was I with?
1/8	Lunch break	Bored, restless	Standing in the carpark	Friend

Save money – more than $500 a month if you smoke 20 cigarettes a day.

QUIT STEP What are your reasons?

Make a list to answer each of the questions below.

What makes you want to smoke?	What makes you want to quit?

Quitline 13 7848

You are ready to start your quit plan. It's time to get set.