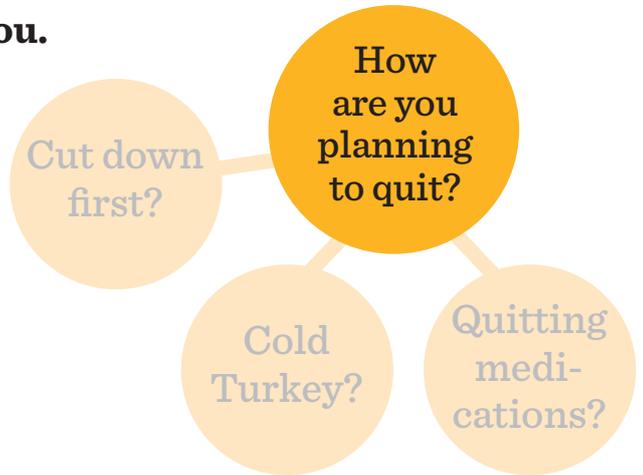


GET SET

Planning to quit

Yellow
take home
sheet

A quitting plan will help you think about the way to quit that will work best for you.



| |
|-----------------------------|
| Name your quit methods here |
| |
| |
| |

Who is going to support you?

.....

.....

.....

What are you going to do to manage withdrawals?

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.....

Withdrawal symptoms can include cravings, irritability and changes in sleeping patterns. It is important to remember that although they feel hard, they are a good sign as it means your body is getting used to being without nicotine. They will only last a few weeks.

Are you ready to set a quit date? Date: