

# GO!

## Quitting work plan

Light  
green  
take home  
sheet

Your quit date is here...

### Be kind to yourself



Write down some of the things you do instead of smoking and how it makes you feel.

Things to do	How I feel
<i>Go for a walk at lunch</i>	<i>Fresh and in control</i>



### Make a reward plan

What are you going to do to reward yourself for quitting

How many days?	What am I going to do for myself?
<i>1 week</i>	<i>Treat myself to a nice meal</i>