NIHSeniorHealth

Built with You in Mind

Quit Smoking Worksheet #1: Pick a Quit Date

How To Use This Worksheet: Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on "file" then "print" in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) Pick your Quit Date.

One of the first steps in quitting is to pick a Quit Date. Pick a date you are comfortable with, but remember there is no perfect time. Life is filled with ups and downs, so maybe today is the day or maybe a day not too far away.

Write your Quit Date on the line below and commit to quit today!

I plan to quit on (month/day/year):

_____

(Source: "**Quitting Smoking for Older Adults"** on www.NIHSeniorHealth.gov)

(2) Now make your Quit Date official.

How will you keep track of your Quit Date? Select those methods that will best help you stick to your Quit Date.

- ☐ I will write my Quit Date on my calendar.
- ☐ I will share my Quit Date with family and friends.
- ☐ I will post reminders of my Quit Date around my house, office, or car.
- ☐ I will set a countdown for my Quit Date.

(3) How will your daily routine be different on your Quit Date? (i.e., When I wake up, I will no longer reach for a cigarette.)

(A) On the morning of my Quit Date, these things will change:

1. _____
2. _____
3. _____

(B) During the day on my Quit Date, these things will change:

1. _____
2. _____
3. _____

(C) On the evening of my Quit Date, these things will change:

1. _____
2. _____
3. _____

(For more worksheets, see "**Quitting Smoking for Older Adults**" on www.NIHSeniorHealth.gov)