



Once you've decided on a quit method and the types of support you will need, pick a day to quit. Consult your schedule and choose a less stressful period. This will make it easier to cope with the nicotine withdrawal symptoms.

When you know you are ready, fill up the date in the pledge below.

## My QUIT Pledge

With the help of my family, friends and Quit Consultants,  
I pledge to quit smoking today:

\_\_\_\_\_

(DATE)

### **A WEEK BEFORE YOUR 'QUIT DAY'**

- Decide on your quit method
- Talk to a Quit Consultant and decide if pharmacotherapy is required
- Recall your top 3 reasons for quitting

### **A DAY BEFORE YOUR 'QUIT DAY'**

- Throw away all ashtrays, lighters and cigarettes
- Train your mind to say 'NO' to cigarettes and tell yourself you can do it
- Rally your friends and loved ones to help you

### **ON 'QUIT DAY'**

- Stop smoking completely
- Remind yourself of your reasons to quit whenever you are tempted to light a cigarette
- Call your support buddies or the QuitLine whenever you need support and encouragement