

Smoking Cessation Planner

A practical quit plan

My quit plan

- Quit date: _____
- My main reasons to quit: _____
- My strongest triggers: _____
- What I will do instead: _____
- Person who will support me: _____

Make relapse less likely

- Remove cigarettes/tobacco and smoking cues from home.
- Plan for tea/coffee, alcohol, stress and social situations that trigger use.
- Consider evidence-based counselling and stop-smoking medicines with a clinician if appropriate.
- If a lapse occurs, restart the plan rather than abandoning it.

Quitting tobacco benefits the heart, lungs and cancer risk at any age.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.