YOUR SMOKE-FREE MONTH

month:

year:

quit date:

Congratulations! You're ready to start your month of being smoke-free. Whether this is your first attempt, or your 30th, it's always a good time to go smoke-free!

Fill out this calendar + keep it somewhere handy. Check off each day you don't smoke and if you have a craving, try one of these activities instead of smoking.

☐ 1 Write a goodbye letter to cigarettes/vaping	☐ 2 Make or restock your Quit Kit	☐ 3 Read the news	☐ 4 Tell your supporters you're quitting smoking/vaping!	☐ 5 Squeeze a stress ball or play with a fidget toy	☐ 6 Call a loved one for support if you feel a craving	☐ 7 Chew sugarless gum or drink water
☐ 8 Use a reusable water bottle to carry with you	☐ 9 Reward yourself! Do something you enjoy! (Not smoking)	☐ 10 Distract yourself by cleaning your space	☐ 11 Invite friends over for dinner	☐ 12 Go for a walk or run	☐ 13 Relax by listening to music	☐ 14 Eat a healthy snack
☐ 15 Take a nap	☐ 16 Watch TV or a movie	☐ 17 Play with your kids or pets	☐ 18 Start an exercise program!	☐ 19 Make some art or a craft!	☐ 20 Treat yourself to a spa day or a relaxing task	☐ 21 Snack on some fresh veggies
☐ 22 Make a list of your reasons to quit	☐ 23 Take up a new hobby	☐ 24 Sign up to volunteer at a local charity or nonprofit	☐ 25 Plant herbs or flower seeds or buy a houseplant	☐ 26 Start a new book or finish an old one!	☐ 27 Play your favorite board game or video game	☐ 28 Think of how much money you've saved by not smoking or vaping
☐ 29 Meditate or do yoga	☐ 30 Go to the movies, library, or bookstore	☐ 31 Go out to eat to celebrate your full smoke-free month!				

REASONS TO QUIT

- Breathe easier
- Whiter teeth
- Fresher breath
- Save money
- Cleaner air at home
- _____
- _____
- _____
- _____