

My "Staying Quit" List. Use these exercises to help you stay on track after you have quit.

1. Keep track of your urge to smoke

Date:	No. of cigarettes:	Reason for Smoking:	Next time I'll:
<u>Mar. 12</u>	<u>3</u>	<u>Stress at work</u>	<u>Take a walk</u>
<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

2. Manage your triggers and "stay quit"

Continue to avoid the smell and routine of smoking with the following suggestions:

- Go for walks to avoid places that make you want to smoke
- Drink plenty of water
- Exercise (check with your doctor before starting a new activity)
- Take up a new hobby
- Chew sugar-free gum instead of smoking

