



STAR Quit Plan

- **S**et a quit date -- ideally, the quit date should be within 2 weeks. That gives you enough time to get ready to quit tobacco use. Think about choosing a special day:
 - Your birthday or day you got married
 - New Year's Day
 - 4th of July
 - The Great American Smokeout (the third Thursday of each November)

What special day do you choose? _____

- **T**ell family, friends, and co-workers about quitting and request understanding and support. Ask everyone to understand your change in mood. Remind them that this won't last long. (The worst will be over within two weeks.) Tell them this: "The longer I go without cigarettes, the sooner I'll be my old self."
 - Does someone close to you smoke? Ask them to quit with you, or at least not to smoke around you.
 - Do you take any medicines? Tell your doctor and pharmacist you are quitting. Nicotine changes how some drugs work. You may need to change your prescriptions after you quit.
- Get support from other people. Quitting can be hard. You may have already tried to quit before. But you can double your chances of quitting for good by calling QuitlineNC and signing up with a Quit Coach. QuitlineNC is free of charge and available 24 hours a day, seven days a week.



List the friends, family or co-workers that you are going to tell that you are quitting.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

- **A**nticipate challenges to quitting smoking, chewing or dipping, particularly in the first few weeks.

What challenges do you think you may have?	How will you handle them?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

- **R**emove tobacco products from your home, car or work. Getting rid of things that remind you of smoking, chewing or dipping will also help you get ready to quit.

Source - www.smokefree.gov