

Your 24-Hour Action Plan.

This card is designed to help you get through your Quit Date. Doing a little prep work can take some of the guesswork out of your day. And that should help boost your self-confidence. Remember, you have 1 goal for the day — to get through it without smoking.

Create Your Action Plan.

Find the cards titled “Risk Situations” (Quit Card D) and “Quit Strategies” (Quit Card E). Now take a moment to think about today. What situations might you run into? Which Quit Strategies can help you get past them? Use both cards to create your plan on the reverse side.

Example:

Smoking Risk Situations	Your Strategies
MORNING	
1. <u>morning coffee</u>	<u>drink tea instead</u>
2. <u>drive to work</u>	<u>sing along to music in car</u>
3. _____	_____
AFTERNOON	
1. <u>lunch break</u>	<u>take a walk</u>

Fill Out Your 24-Hour Action Plan and Keep It With You Today.

Smoking Risk Situations	Your Strategies
MORNING	
1. _____	_____
2. _____	_____
3. _____	_____
AFTERNOON	
1. _____	_____
2. _____	_____
3. _____	_____
EVENING	
1. _____	_____
2. _____	_____
3. _____	_____
NIGHT	
1. _____	_____
2. _____	_____
3. _____	_____

