

Quit & Stay Quit Monday Check-In

Congratulations, you're on the path to a smoke free life, one Monday at a time.

This handout is a tool that can help you with your quit. If you haven't actually quit yet, simply print this worksheet out and write your Monday quit date in the appropriate space below. Then create a plan, outlining your reasons for quitting, what your triggers are, and how you plan to cope with cravings.

Once you've started your quit:

- Print this handout every Monday and check off where you've succeeded or struggled.
- If you struggled or relapsed, don't panic. Just recommit to quitting next Monday.
- Write down how many Mondays you have stayed quit in the designated space below.

My Monday Quit Date: _____ I've been tobacco free for _____ Mondays!

Did You...?	Yes	No	What Worked for Me	What Challenged Me	How I Plan to Overcome My Challenges
Stick to your Quit Plan					
Handle your Triggers					
Handle your Cravings					
Connect with your Support					
Celebrate your Successes					

For a tobacco free you,
we're here to help.
**Call us at
800-784-8669**



 QuitNow.net/Virginia