

# Quit & Stay Quit Monday — FAQs

## Who We Are

### What is Quit & Stay Quit Monday?

Quit & Stay Quit Monday is a non-profit initiative that encourages using Mondays as a strategy to quit smoking. Instead of waiting for an annual event to quit, Quit & Stay Quit Monday encourages people to quit on a Monday and use Mondays as:

- the day to start their quit effort
- a reset day from the occasional slip
- a time to celebrate progress
- an opportunity to set goals for the week ahead.

Studies reveal that it may take as many as [30 attempts](#) to quit before giving up smoking completely.

Using Mondays as a check-in gives people looking to quit tobacco a better chance of success.



### Who provides the research for Quit & Stay Quit Monday's concept and materials?

Quit & Stay Quit Monday's concept and materials are reviewed and approved by the Johns Hopkins Institute for Global Tobacco Control at the Bloomberg School of Public Health.

## Monday Quit Date

### Why should I choose a Monday Quit Date?

Surveys show that people see Monday as a “fresh start” and a day they are most likely to do something good for their health.

Research also indicates that people may be more open to quitting smoking on Monday. Calls to national tobacco quit lines are highest on Mondays. Online searches to “quit smoking” are also highest on Mondays.  
[iquitmonday.org/research](http://iquitmonday.org/research)

### What if I don't want to quit on a Monday?

That's okay! It's completely up to you to decide what day you want to quit. As our research shows, people are more likely to start healthy activities like diets, exercise, and stress management regimens on Mondays than any other day. Starting the week healthy helps end the week healthy.

## Quit Plan

### Okay I'll pick a Monday quit date, what now?

View each Monday as an opportunity to reflect on your progress from the previous week and kick-start the week to come with your quit journey. Use the QSQM check-in handout every Monday to track your quit, recognize your progress, or recommit to quitting if you relapsed. Congratulations, you're on your journey to quitting smoking for good.

For a tobacco free you,  
we're here to help.  
Call us at  
**800.784.8669**

**Quit Now**  
**Virginia**  
Tobacco User Quitline

**Quit & Stay Quit**  
**Monday**

## Quit & Stay Quit Monday Check-In

### What is the Quit & Stay Quit Monday Check-In?

The Quit & Stay Quit Monday Check-In is an activity and tool that helps you track your quit progress (as well as your struggles) to keep you engaged with your quit. You can download our toolkit [here](#).

### Can I do this check in on my own?

Yes! This can be an independent activity you do every Monday to start your week, reflect on your progress and set goals for the week ahead. We encourage you to review your check-in handout with a professional or trusted family member/friend or quit buddy. Surround yourself with support and connect regularly to support your quit journey.

## Celebrations and Slip Ups

### What if I quit, and I stay quit for one week or more?

Celebrate each smoke-free week with a reward! Give yourself a treat for your progress. Have a fancy meal, take a dance class or simply treat yourself to a nice long bath or your favorite movie. You've earned something special.

### What if I quit, and I slip up?

Don't panic. It may take a few tries before you quit smoking for good. Make a commitment to quit again the next Monday. Also think about what might have caused that slip so you can have a plan to counteract any triggers or temptations next time.

## Getting Connected

### How does Quit & Stay Quit Monday work with my tobacco cessation program?

Quit & Stay Quit Monday functions as a complementary tool when you're participating in an existing tobacco cessation program. Leverage the QSQM concept and materials. We are not a tobacco cessation program, but rather an enhancement or additional strategy to your program. You can find all of our resources for programs (including our enhancement guide) here: [iquitmonday.org/for-programs](http://iquitmonday.org/for-programs)

### What if I want to stay up-to-date on new Quit & Stay Quit Monday tips and resources?

Feel free to sign up to our weekly newsletter here: [iquitmonday.org](http://iquitmonday.org)

You can also follow us on Facebook, Twitter, and Instagram for the latest tips and materials.

### Slipped up? Don't give up. Get back on track Monday.

Learn how to quit nicotine products, one Monday at a time.



Quit Now  
Virginia  
Tobacco User Outline

For a tobacco free you, we're here to help.  
Call us at 800-784-8669  
or visit: [QuitNow.net/Virginia](http://QuitNow.net/Virginia)



For a tobacco free you, we're here to help.  
Call us at 800.784.8669  
or visit: [QuitNow.net/Virginia](http://QuitNow.net/Virginia)

## QSQM Resources



[iquitmonday.org](http://iquitmonday.org)



[facebook.com/quitmonday](https://facebook.com/quitmonday)



[twitter.com/quitmonday](https://twitter.com/quitmonday)



[pinterest.com/quitmonday](https://pinterest.com/quitmonday)