



# Plan Your Success Checklist

Use this worksheet to record your success. Share your findings with your doctor.

Things To Do Before I Quit	Target Date	Completed!
Pick the three most important reasons you want to quit (see "Why you want to Quit" checklist) and remind yourself often.		
Throw away all cigarettes and ash trays at home, work, and in the car.		
Tell your family, friends, and coworkers that you're going to quit smoking and you want their support. Ask them not to smoke around you or leave cigarettes out.		
Tell your doctor about your decision and ask for help and support, which may include medication to reduce your cravings and make it easier to quit.		
Fill your prescription for medication or purchase any over-the-counter nicotine replacement products that may be helpful.		