



QUIT PLAN

Quitting Tobacco is important to me because:

Why Test Scores: _____ Strategy: _____
 _____ Strategy: _____

Modified Fagerstrom Score: _____

I would like to use drug therapy to help with cravings and withdrawal symptoms:

- Yes Not at this time
- NRT (Patch, Gum, Lozenge, Inhaler, Spray)
- Varenicline
- Bupropion

Quit Date: _____

Quit Buddy/Support System: _____

| My Challenges/Triggers | My Plan |
|------------------------|---------|
| | |
| Stressors | My Plan |
| | |
| Environmental Control | My Plan |
| | |

| Cravings | My Plan |
|--------------------|---------|
| | |
| Thought Management | My Plan |
| | |
| Socializing | My Plan |
| | |