



My Quit Smoking Supporter List

When I need help I will call, text, or email the following people.
 My supporters will also call, text, or email me to help keep me on track for success.

Name	Email	Phone	Supporter Check- in Day and Time	
			M	AM/PM
			T	AM/PM
			W	AM/PM
			T	AM/PM
			F	AM/PM
			S	AM/PM
			S	AM/PM

Contact your supporters when you struggle with a trigger, or to share your success.
 (Smoking triggers worksheet on other side)

Trigger Worksheet

The cigarette has been a companion in your daily routine. It takes practice to give it up. Before your quit date, make a list of when and where you typically light up and start to replace lighting up with some other activity.

<i>Trigger</i>	<i>Replacement</i>	<i>What worked</i>	<i>What didn't work</i>
<i>Morning Coffee</i>			
<i>Driving</i>			
<i>Certain locations</i>			
<i>Feeling Blue</i>			
<i>Feeling Bored</i>			
<i>Paying Bills</i>			
<i>Being with friends who smoke</i>			

(Quit Smoking Support List on other side)