

Smoking Cessation Plan

<p>1 You can stop smoking! Start getting ready</p>	<p>2 You'll be better without cigarettes</p>	<p>3 Plan your rewards for not smoking cigarettes</p>	<p>4 Tell everyone you're going to stop smoking</p>	<p>5 Plan what you'll do instead of smoking.</p>	<p>6 Get rid of cigarettes. Stock up on smart snacks.</p>	<p>7 Say goodbye and good riddance to cigarettes. Be good to yourself.</p>
<p>8 Drink 6 to 8 glasses of liquid to flush the nicotine.</p>	<p>9 The carbon monoxide is gone from your body. Reward yourself for 2 days without a cigarette.</p>	<p>10 Get up and get moving. Your pulse and blood pressure are already improving.</p>	<p>11 Say "No" to cigarettes. Spend time with nonsmokers.</p>	<p>12 Your lungs are cleaner. Your cough is going away.</p>	<p>13 Your breath is fresher. Kiss someone.</p>	<p>14 Your clothes smell better.</p>
<p>15 Be proud of yourself.</p>	<p>16 You can keep your weight down.</p>	<p>17 Ten days of freedom! Reward yourself.</p>	<p>18 You should have more energy now.</p>	<p>19 Get lots of exercise to keep the pounds away.</p>	<p>20 Do the Relaxercise to stay calm.</p>	<p>21 Reward yourself for not smoking.</p>
<p>22 Just think, you won't burn any more holes in your clothes or carpet</p>	<p>23 If you slip, don't give up the ship.</p>	<p>24 Think of yourself as a nonsmoker.</p>	<p>25 Get help from friends, if you can.</p>	<p>26 Your cigarette urges will go away soon.</p>	<p>27 Check your weight. Eat Smart Snacks.</p>	<p>28 Call a friend if you need help.</p>
<p>29 Reread your reasons for quitting.</p>	<p>30 Reward yourself- you're on the way to a smoke free life!</p>					