

Your Tobacco Pre-Quit Checklist

1 Month Before:

- Set your quit date.
- Find support.

1 Week Before:

- Freshen everything up! Wash and air out laundry and linens.
- Clean your home and your car. It's all in the details!
- Map a new commute.
- Avoid places where you bought tobacco products.
- Keep your hands busy and taste buds happy. Buy healthy foods like oranges, sunflower seeds or pistachios.

1 Day Before:

- Throw out lighters, matches and ashtrays — anything that reminds you of smoking or tobacco.
- Download sudoku, crossword apps, mindfulness apps and more.

You've got this!



A Program of TSET