*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Setting a Quit Day**

Choose the right time.

**3 THINGS.**

1. People who you put their commitment in writing and tell others what they plan to do tend to be *more* successful in meeting their goals than those who did not!
2. When you set a quite date, you confirm your commitment. This will focus your preparations on a definite goal.
3. A good quit date should give you time to prepare, but not enough to let you get distracted or have second thoughts.

What activities do you have for the next few weeks? Use the calendar from Week 1 to mark them down. **Choose a time when you will not be too stressed**.

For example, find a time you will not have any major deadlines at work or home. Perhaps on a weekend so you can plan activities when triggers may occur. If you’re a female, do not pick a date immediately before your period.



There is no perfect day to quit smoking!

Remember there is no such thing as a “perfect day” to quit smoking! Use unexpected circumstances to your advantage! If you have a big deadline, use that as a way to distract you from your cravings. If you’re going through a stressful time, remind yourself that smoking actually *increases* the effects of stress by increasing heart rate and breathing.

**My quit date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



Choose a date no more than three weeks from today. Mark it on EVERY calendar you have. Look at it everyday as a reminder – each time you do, it is an opportunity. Think about all the reasons you want to quit and all that you have to gain.

Source: [www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)