



Lifescrpts

Advice for Healthy Living

Action Plan Smoking





My action plan for quitting smoking

My name:

Date of birth:

Based on my smoking assessment, I am:

- | | |
|---|--|
| <input type="checkbox"/> an occasional smoker | <input type="checkbox"/> probably not addicted |
| <input type="checkbox"/> a moderate smoker | <input type="checkbox"/> possibly addicted |
| <input type="checkbox"/> a heavy smoker | <input type="checkbox"/> probably addicted |

Quitting smoking will improve my health and wellbeing, my healthcare provider has recommended:

- ☐ Nicotine replacement therapy
- ☐ Zyban
- ☐ Quitline (13 QUIT or 13 78 48)
- ☐ Quit Book
- ☐

Quitting smoking will benefit my:

- ☐ Heart disease
- ☐ High blood pressure
- ☐ High cholesterol
- ☐ Diabetes
- ☐ Chronic bronchitis/chest infections
- ☐ Asthma
- ☐ Other

Referral

To help me quit smoking I have been referred to:

.....

.....

I would like you to come back to see how you are going in weeks

Healthcare Provider's Signature:

Date:



General guidelines

Quitting smoking is tough, having people to support you helps

There are 3 things you need to do:

- 1. Deal with your cravings**
Medication can make it easier and take away the cravings.
There are nicotine patches/gum and Zyban tablets.
- 2. Deal with your habit**
The Quit program and book will give you lots of ideas.
- 3. Deal with your moods**
Some people use smoking to reduce stress or feel better but you can find other things to do instead, like going for a walk or talking to a friend or family member.

If you need help, talk to a health worker or someone you can trust. Try to find a friend or family member to quit with you so you can help each other.

What helps?

- Using Quitline (13 QUIT or 13 78 48)
- Talking to your healthcare provider or friends
- Taking medication to help with cravings
- Quitting with a friend

Make a list of the things you like and don't like about smoking

	Like	Don't Like
Smoking		
Quitting		