

Why I smoke

Physical

Feelings

Habit

Why I'm Quitting

What gets in my way?

**PLAN
ahead**

How I'm going to manage that

FRONT OF Z CARD TO BE ADHERED HERE

Keep clear of 'important' information as
sticker to be applied (this message to be deleted)

BACK OF Z CARD TO BE ADHERED HERE

Keep clear of 'important' information as
sticker to be applied (this message to be deleted)



Cravings pass in a few moments

Remember the 4 Deadly Ds:

- Delay
- Deep breathe
- Drink water
- Do something else

Who else can support me?

Quitline is always there
13 7848

My Plan

My main reason is

- I am using quit medication
- I am using NRT (patches, gum, lozenges)

My main barriers are

My strategies are

My support people are

My Quit day is

Remember

Having a cigarette or a few puffs after you have quit is a slip-up. You are still a moorditj quitter.

Find out what your trigger was and make a better plan.

Get back on track and quit for good.

Good news about quitting

8 hr excess carbon monoxide gone

5 days most nicotine gone

1 week your senses of taste and smell get better

4 weeks blood flow improving

3 months lungs are working better

12 months risk of heart disease halved

5 years risk of stroke greatly reduced

MOORDITJ NOW

You'll feel fitter and stronger
and have more energy.

Funded by the Australian Government Department of Health and Ageing

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