

WE WANT YOU TO BE TOBACCO FREE!

- Day 1 Hang this poster where you will see it every day
- Day 2 Get rid of all ashtrays or spit cans
- Day 3 Drink lots of water... breathe deeply between sips
- Day 4 Avoid places where tobacco use is evident, like bars or sporting arenas
- Day 5 Keep track of how much money you save by not using tobacco
- Day 6 Avoid boredom... read a book or go to the movies
- Day 7 Reward yourself... one week without tobacco
- Day 8 Make a dental appointment to get your teeth cleaned
- Day 9 Smile... you are making progress
- Day 10 Review your reasons for quitting
- Day 11 Distract yourself... do a crossword puzzle
- Day 12 Exercise... use the stairs instead of the elevator
- Day 13 Call on friends for support and encouragement
- Day 14 Go for a brisk walk... make this a daily habit
- Day 15 Practice deep breathing... doesn't it feel great
- Day 16 Bet a friend you can remain tobacco-free
- Day 17 Sit in tobacco-free sections at restaurants
- Day 18 Don't allow tobacco use in your home
- Day 19 Think of yourself as tobacco-free
- Day 20 Tell yourself each morning you want to be tobacco-free
- Day 21 Make a list of the negative things about tobacco use
- Day 22 Review the previous quitting tips
- Day 23 Eat a nutritious breakfast
- Day 24 Don't relive your days as a tobacco user
- Day 25 Hold a pencil in your hand when talking on the phone
- Day 26 Tell all your friends that you are tobacco-free
- Day 27 Think about how much better your food tastes
- Day 28 Remember... One hit of tobacco is one to many
- Day 29 Take up a hobby that will keep your hands busy
- Day 30 Congratulations!!! Give yourself a BIG reward and KEEP UP THE GOOD WORK!!!