

Calendar for Quitting Cold Turkey

PREPARATION

Day 1 Pay attention to your triggers: where, why, how, with whom, and when you smoke - log information into smoking diary.	Day 2 Let family members, friends and co-workers know you are trying to quit.	Day 3 Dry clean clothes, clean house, car, furniture - anything that may smell like cigarette smoke.	Day 4 Go grocery shopping for fruits, snacks, gum or carrot sticks to keep your mouth busy - decide on a plan to handle cravings before they strike.	Day 5 Throw away all signs of smoking - ashtrays, matches and cigarettes.	Day 6 Invest in a health club membership, pick up a new hobby, listen to meditation tapes - keep busy during the times you normally smoke	Day 7 QUIT DAY
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WEEK ONE

Day 8 Relax and keep busy; drink lots of fluids. Remind yourself that your CO2 level, BP, and pulse rate have dropped to normal.	Day 9 Engage in deep breathing exercises; try to keep the stress level at a minimum.	Day 10 Withdrawal symptoms may be at their greatest; combat with exercise and surround yourself with non-smokers.	Day 11 Treat yourself to something special; go to a movie or plan a weekend away - withdrawal symptoms are only temporary.	Day 12 Do not go to places where you will be tempted to smoke.	Day 13 Keep in mind your ability to smell and taste has improved as well as your circulation. Keep your guard up!	Day 14 You have made it successfully through the first week - Congratulations!
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WEEK TWO

Day 15 Think positive. If you feel that urge to smoke, remember how hard you have worked and don't lose sight of the ultimate goal - to remain SMOKE-FREE.	Day 16 Keep focused and try to keep your mind off of cravings. Take a different route to work or take a walk with a buddy during lunch.	Day 17 Review how to deal with difficult situations and always keep snacks handy.	Day 18 If you slip, try again - don't give up! Learn what made you slip and try harder the next time. It does not mean that you have failed.	Day 19 Keep in mind that coughing is a good sign - lungs are beginning to recover and clear out what cigarettes left behind.	Day 20 Try brushing your teeth or having a mint after eating if you are used to smoking a cigarette; also take a moment to reflect on the monetary benefits of quitting.	Day 21 You have just completed probably the hardest 2 weeks of your life! Congratulations once again!
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