

5-Day Quit Checklist

Good planning is the key to success to be mentally and physically ready for your quit day.
Use this guide to plan the days leading up to your quit day.

5 days before quitting

- ☐ Make a list of the reasons you're quitting
- ☐ Tell your friends and family that you are planning to quit. Ask for their support.
- ☐ Think about if you want to use nicotine replacement therapies (NRTs) or medications to help you quit.
- ☐ Set a date to stop buying tobacco products.
- ☐ Connect with a TFNS counsellor through phone or secure chat to receive support for your journey.
- ☐ Sign up for motivational text messages
- ☐ Keep 811 in your speed dial. Our quit line counsellors are available to help you through cravings and to coach you along the way.

4 days before

- ☐ Pay attention to when and why you are smoking.
- ☐ Think about your smoking habits and routines. How will you change these?
- ☐ What can you hold in your hand other than a cigarette or vape? Keeping your hands busy will be important.

3 days before

- ☐ Think about (and write down) what you will do with the money you'll save when you quit.
- ☐ Who will you call when you need support? Tell them how they can help.

2 days before

- ☐ Think again about your smoking habits and routines. Plan new ones that are fun (and smoke-free).

The day before quit day

- ☐ Throw (or give) away lighters and ashtrays.
- ☐ Wash your clothes and other fabrics that hold smoke smells.
- ☐ Throw away your remaining tobacco, matches, or vapes. You won't need them anymore. Don't keep an emergency pack, or even one cigarette, "just in case".