

Inova TobaccoNET

Session 10: Personal Activity

YOU DID IT! BE PROUD.

You have made it through the hardest time. Now you need to be vigilant and not fall back into old habits and patterns. You've worked so hard, be proud of yourself.

Your Activities for the Week:

1. Continue With Your Tobacco Cessation Exercises

- Choose the exercises that are the most-effective for you.
- Keep working your recovery plan during your maintenance phase.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Affirmations							
Exercise							
Nutrition							
Share Buddy							

2. Review The Program Materials

- If your triggers feel out-of-control or you notice increased cravings, review Session 3.
- If your stress level is on the rise, review Session 4.
- If you are putting on some weight, review session 7 and 8.
- If you used tobacco again, review session 9.
- Read your goodbye letter.