

Inova TobaccoNET

Session 5: Personal Activity

Welcome to Quit Week!

You are ready to become tobacco-free. You have done the work and are well prepared.

Your Activities for the Week:

1. Write a Goodbye to Tobacco Letter

Giving up tobacco is like breaking up with a long-time companion. Writing your tobacco a goodbye letter will give you the closure you need to move on. Read the letter when the urge arises to “get back together” with tobacco. This will remind you of the commitment you have taken to free yourself of this unhealthy relationship. **Do this the day before you quit.**

2. Set Aside \$1.00 a Day

In a special place, set aside one dollar for each totally tobacco-free day. At the end of the seven days, treat yourself to something small but special using this money. This represents your hard work and motivation to live life tobacco-free. Tell your share buddy and Coach what you bought or are planning to buy.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Smoke-Free Day							

3. Call Your Share Buddy Two Times a Day.

Ideal times are the beginning of the day and as late in the evening as possible. You can go back to just once a day after this week, but you need extra support during these seven days.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
AM Call							
PM Call							

4. Practice your Breathing Exercise

Be vigilant about doing your breathing exercises every day this week. It will help with withdrawal symptoms.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breathing Exercise							