

# Inova TobaccoNET

## Session 9: Personal Activity

It has taken determination to become tobacco-free. Now that you are through the period of initial withdrawal, be proud of yourself! Next, you need to continue planning so you stay quit.

### Your Activities for the Week:

#### 1. Complete your Relapse Prevention Plan

My Most Likely Relapse Situation is:	If Relapse Occurs, I Will:

#### 2. Continue with your Past Personal Activities

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Read your affirmations daily							
Exercise at least 3 days this week							
Continue nutrition goal #1							
Continue nutrition goal #2							
Continue nutrition goal #3							
Check in with your share buddy at least once this week							