



Program Syllabus

- Session 1 Getting Ready to Quit
 Complete “My Tobacco History”

- Session 2 Health Aspects
 Complete “Tobacco Journal”

- Session 3 Why Smoke? How to Beat It
 Identify Triggers and Substitute Coping Actions

- Session 4 Stress Management
 Develop Plan for Quit Day

- Session 5 Tobacco-Free You!
 Quit Week

- Session 6 I’ve Quit. Now What?

- Session 7 Physical Activity

- Session 8 Nutrition

- Session 9 Avoiding Relapse
 Develop Relapse Prevention Plan

- Session 10 Staying Quit / Wrap Up
 Maintenance Tips

- Session 11 Check-In Support

- Session 12 Check-In Support