

Inova TobaccoNET 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