

My main reason to quit is: _____

Triggers

(Times I will Want to Vape)

1. _____
2. _____
3. _____
4. _____
5. _____

Strategies

(What I'll Do Instead of Vaping)

1. _____
2. _____
3. _____
4. _____
5. _____

My quit day is: _____

Motivation + Planning = Success

My main reason to quit is: Health, Family

Triggers

(Times I will Want to Vape)

1. First thing in the morning
2. Stress at home
3. Watching TV-boredom
4. Taking hits all day long

Strategies

(What I'll Do Instead of Vaping)

1. Eat breakfast first, then shower
2. Take deep breaths. Listen to music
3. Take a walk. Draw or doodle
4. Carry something in my hand instead of my vape. Fiddle with paper clip

My quit day is: Tuesday, July 30th

Sample