Congratulations! It’s been at least a few weeks since you used tobacco. This is a time to celebrate. You are doing great!

It’s also time to be careful. A temptation to smoke could be around the next corner. You have come too far to fall back now. Here are some tips to keep you on track.

• Think about what you did to get this far. How have you coped with urges to smoke? What thoughts and actions did the most good?

• Now think about the times when it still feels hard to stay quit. What can you think and do to get over those urges? Talk to your health coach. Your health coach has tip sheets for many special challenges.

• Plan and practice. Always look ahead for new challenges. Have you gone to a big party yet – one where there will be lots of food, drink … and smoking? Plan how you will handle temptations. Practice your coping plan in your mind. Always be prepared.

• Remember why you quit. Stop and think hard about your main reasons. This will help you get past the rough spots.

• Think about how quitting has helped you. Can you smell things better? Taste food better? Do you find that breathing is not as difficult as before when you walk fast? Do you feel better about yourself now? Do you have more money in your pocket? Make a list. Add to it in the weeks and months to come. The list will get longer and longer over time. You are on the path to a longer, healthier, and happier life.

• If you are using a quit-smoking medicine, stay with it. Use it for the full course, even if you feel you no longer need it. You will be much more likely to stay quit if you:
  – Use the product correctly
  – Use enough each day
  – Complete the full course of treatment

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Slip Tips

If you slip up and use tobacco:
- Don’t beat yourself up
- Don’t throw in the towel
- Don’t keep using tobacco
- Do call your health coach right away

The faster you act, the better. Your health coach can help you get back on the path. With the right tools, it may be easier than you think. You can quit tobacco!

Take Action

<table>
<thead>
<tr>
<th>My SMART* goal for this week</th>
<th>Check when completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do your best to reach the SMART goal you set with your health coach. Write it here. Check the box when you have completed it.</td>
<td>☐</td>
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<table>
<thead>
<tr>
<th>Staying on the path to wellness</th>
<th>Check when completed</th>
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<tbody>
<tr>
<td>When you are ready, choose two tips from this tip sheet to help you stay tobacco-free. Write a related SMART goal for each one below.</td>
<td>☐</td>
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<tr>
<td>SMART Goal 1:</td>
<td>☐</td>
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<tr>
<td>SMART Goal 2:</td>
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Do your best to reach your goals, and check the boxes when you have completed them.

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“SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday I will make a list on an index card and on a sheet of paper of the ways in which quitting has helped me. I will carry the card in my wallet [or purse] and post the paper on the refrigerator. I will look at it often, especially when I’m tempted to smoke.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.