






Calendar for Quitting COLD TURKEY


PREPARATION

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Pay attention to your triggers: where, why, how, with whom, and when you smoke - log information into smoking diary.</p>	<p>Let family members, friends and co-workers know you are trying to quit.</p> 	<p>Dry clean clothes, clean house, car, furniture - anything that may smell like cigarette smoke.</p>	<p>Go grocery shopping for fruits, snacks, gum or carrot sticks to keep your mouth busy - decide on a plan to handle cravings before they strike.</p>	<p>Throw away all signs of smoking - ashtrays, matches and cigarettes.</p> 	<p>Invest in a health club membership, pick up a new hobby, listen to meditation tapes - keep busy during the times you normally smoke</p>	<p>QUIT DAY</p> 

WEEK ONE

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>Relax and keep busy; drink lots of fluids. Remind yourself that your CO2 level, BP, and pulse rate have dropped to normal.</p>	<p>Engage in deep breathing exercises; try to keep the stress level at a minimum.</p> 	<p>Withdrawal symptoms may be at their greatest; combat with exercise and surround yourself with non-smokers.</p>	<p>Treat yourself to something special; go to a movie or plan a weekend away - withdrawal symptoms are only temporary.</p>	<p>Do not go to places where you will be tempted to smoke.</p> 	<p>Keep in mind your ability to smell and taste has improved as well as your circulation. Keep your guard up!</p>	<p>You have made it successfully through the first week - Congratulations!</p>

WEEK TWO

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<p>Think positive. If you feel that urge to smoke, remember how hard you have worked and don't lose sight of the ultimate goal - to remain SMOKE-FREE.</p>	<p>Keep focused and try to keep your mind off of cravings. Take a different route to work or take a walk with a buddy during lunch.</p>	<p>Review how to deal with difficult situations and always keep snacks handy.</p> 	<p>If you slip, try again - don't give up! Learn what made you slip and try harder the next time. It does not mean that you have failed.</p>	<p>Keep in mind that coughing is a good sign - lungs are beginning to recover and clear out what cigarettes left behind.</p>	<p>Try brushing your teeth or having a mint after eating if you are used to smoking a cigarette; also take a moment to reflect on the monetary benefits of quitting.</p>	<p>You have just completed probably the hardest 2 weeks of your life! Congratulations once again!</p> 