PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

QUIT DATE CONFIRMATION

Set your quit date. Pledge in writing. Tell your friends.

A good quit date should give you time to prepare, but not enough to let you get distracted or have second thoughts.

Choose a quit day when you will not be too stressed.

There will never be a perfect day to quit smoking

Setting a quit date confirms your commitment.

It will focus your preparations on a definite goal. Choose a date within the next two or three weeks. Mark it on your calendar. Think about it every day and look at it as an opportunity that you want to get ready for. Think about all the reasons you have to quit, and all that you will gain.

People who put their commitments in writing — and who tell others what they plan to do — tend to be more successful in meeting their goals than those who do not.

Tell your family and friends

If you make a commitment but keep it to yourself, no one will know if you really follow through. This may make you feel more in control, but it may also make it easier to change your mind.

If you share your commitment with people who are close to you, you give yourself an extra reason to try hard to follow through. More importantly, telling others about your plan gives them an extra reason to encourage and support you.

Confi rm your commitment by writing and signing the following statement:

I choose to quit smoking/using tobacco. I pledge to give my best effort starting on my selected ***QUIT DATE*** _____.

_____ _____

Signature **Date**

Adapted from:
http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/guide/step-etape05_e.html
andCanadian Cancer Society - 1908600695OSAAT-Want_En_Booklet_2007.pdf