

## **NONSMOKING GAME PLAN: LIFESTYLE CHANGE**

As part of your Nonsmoking Game Plan, you can plan to make changes in your daily behaviors that can help you remain a nonsmoker. Below, list specific answers to some general lifestyle questions important to quitting smoking and remaining a nonsmoker.

**1. What will you do to make cigarettes unavailable to you?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**2. What will you do to increase time spent in nonsmoking places or time spent doing nonsmoking activities?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**3. How can you develop a “buddy system” or use other ways to get other people to help support you when quitting?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**4. What will you do to manage stress successfully?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**5. What will you do to keep from gaining weight?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**6. What will you do to become more physically active?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_