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. __________________________________________________________