Are you ready for your big date? Everywhere you go, people are making a change. A change for the better. They’re deciding to quit smoking. They won’t do it cold turkey, or without help. But they will make a commitment to become SMOKE FREE by setting a “quit date.” Here’s how!

DEBATE.
Whether you smoke a few a week or a pack a day, it’s never too early or too late to quit smoking – so start thinking about it!

CREATE.
Set a date. The date you pick can be an anniversary, birthday, holiday or even tomorrow! The important thing is that you stick to it as much as possible!

STATE.
Now that you’re ready, start telling everyone the good news! Letting people know that you’re quitting works great as both motivation and a way to start forming your own group of supportive people.

CELEBRATE!
When you’ve reached a satisfactory milestone - congratulations! Whether you’re on the 24th day or 24th hour, any accomplished amount of time without smoking is worth celebrating!