

Smoking action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
If you haven't quit smoking yet					
Work out the benefits of quitting.				___ / ___ / ___	
Discuss quitting options, including nicotine replacement therapy. Talk with your health professional or call the Quitline on 13 78 48.				___ / ___ / ___	
Set a date to quit.				___ / ___ / ___	
Make sure your home and car are smoke-free.				___ / ___ / ___	
If you have already quit					
Avoid areas where you might be exposed to second-hand smoke.				___ / ___ / ___	
Call the Quitline on 13 78 48 if you are having problems with not smoking.				___ / ___ / ___	
Remind yourself of two benefits of quitting.				___ / ___ / ___	
Make sure your home and car are smoke-free.				___ / ___ / ___	
If you are a non-smoker					
Avoid areas where you might be exposed to second-hand smoke.				___ / ___ / ___	
Make sure your home and car are smoke-free.				___ / ___ / ___	