

## 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
<b>If you haven't quit smoking yet</b>					
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.				___ / ___ / ___	
<b>If you have already quit</b>					
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.				___ / ___ / ___	
<b>If you are a non-smoker</b>					
Avoid areas where you might be exposed to second-hand smoke.				___ / ___ / ___	
Make sure your home and car are smoke-free.				___ / ___ / ___	