

1st follow-up sheet

Quit for Life



"The Quit for Life Kit really helped me stay on track. Brand switching made quitting much easier than I ever dreamed it would be. My daughter reminded me to call the Quitline when I had questions. I even called once just to "check in" with Cynthia. It's been a month since I've quit, and already I feel better than I have in years!"

CHECK THE STATEMENT THAT FITS YOU BEST

A **I HAVEN'T GOTTEN AROUND TO STARTING THE QUIT FOR LIFE PROGRAM YET.**

Remind yourself of all your reasons for wanting to quit smoking. Use Tip Sheet 1 to outline your brand switching plan and schedule. There's never a *perfect* time to quit. So go ahead and pick *reasonable* dates for your brand switches and your quit date. Tip Sheet 1 and pages 3-31 in *Freedom from Smoking*® will help you now.

B **I'VE STARTED QUIT FOR LIFE AND MADE SOME BRAND SWITCHES ALREADY.**

Nice going! Remember, smoking lower nicotine brands is not a substitute for quitting. So make sure you have a definite quit date! If you're having trouble setting a date or staying psyched to quit, call Cynthia at the Quitline. Tip Sheets 1 & 2 and pages 19-35 in *Freedom from Smoking*® will help you now.

C **I'VE ALREADY QUIT SMOKING!**

Congratulations. You must be proud of your accomplishment! Make sure you send in the "I Quit" card from your Quit Kit so we can send your official Quit for Life certificate. Keep using whatever cigarette substitutes and coping methods that work best for you, and steer clear of temptation. Should you ever slip, follow the directions in Tips to Take Along. Tip Sheets 3 & 4 and pages 37-45 in *Freedom from Smoking*® will help you now.

D **I QUIT SMOKING FOR 24 HOURS OR MORE, BUT I WENT BACK TO CIGARETTES.**

You're not alone. Most people try more than once before they succeed in quitting. So don't feel guilty. Each time you try, you learn something new about what YOU need to succeed. In fact, people who manage to stay off cigarettes just 24 hours have doubled their chances of quitting permanently! Cynthia Campbell at the Quitline can help you set up a new quit plan for your next attempt. Pages 47-49 in *Freedom from Smoking*® will help you now.

1▶ Which statement on the attached sheet do you feel best describes your situation?

- A _____ *Haven't started*
- B _____ *Switched brands*
- C _____ *Quit*
- D _____ *Went back*

2▶ Are any of the Tip Sheets up on the refrigerator now?

- A _____ *Yes*
- B _____ *No*

3▶ How many times did you call the Quitline? (*circle one*)

0 1 2 3 4 5 or more

4▶ How helpful were. . .

	<i>Not Helpful</i>	<i>Somewhat Helpful</i>	<i>Very Helpful</i>
A Tip Sheet 1	1	2	3
B Tip Sheet 2	1	2	3
C Tip Sheet 3	1	2	3
D Tip Sheet 4	1	2	3
E Items in the Quit Kit	1	2	3
F <i>Freedom from Smoking</i> ®	1	2	3