

Stop Smoking Support Tracker Sheet

Name: _____

Quit date _____ Main Motivator _____

Week	Notes	CO	Hints & Tips for Motivation	Product Supplied	Sign
1.			Focus on getting ready for quit date. Anticipate problems. Keep busy		
2.			Take it a day at a time. Use your support systems Change your routine		
3.			Find things to do with your hands Think of your motivator.		
4.			Drinking cold water or orange juice helps. Just 1 more week!		
5.			Remember 4 wk follow up FAX to Tracy 537 6552 Well done 1 month quit		
6.			Think of your motivator and how much have you saved		
7.			Remember deep breathing helps. Distract yourself		
8.			Keep busy. Don't let temptation take a grip. You don't smoke!		
9.			Your doing well. Keep using your NRT Don't weaken		
10.			You've only a few more weeks of NRT to go –how will you cope ?		
11.			Keep busy prepare to stop your NRT You'll be fine		
12.			Last week of NRT Do you need more support? WELL DONE		
Notes					