

My Tobacco and Vaping Change Plan

My reasons to reduce or stop using tobacco and nicotine vapes:

1.
2.
3.

My Goal (reduce or stop): Timeline: to

Triggers:

Things that create a strong urge for me to use

My coping methods:

Ways to manage each urge

NRT (nicotine replacement therapy):	How much:	How often:
Nicotine replacement gum		
Nicotine replacement patch		
Nicotine replacement lozenge		
Nicotine replacement mouth spray		
Nicotine replacement inhaler		
Non-nicotine medicine:	How much:	How often:
Bupropion sustained release (Zyban®)		
Varenicline (Champix®)		
Cytisine		

My support team:

My planned change date is:

My caffeine* use per day is:

My reward(s) for not using tobacco and nicotine vapes:

- Next steps:
1.
2.
3.

* When you quit smoking, cut your caffeine intake by half to avoid feeling unwell. For more information visit myhealth.alberta.ca/Alberta/Pages/smoking-affects-medicines-and-caffeine.aspx

Adapted with permission from Canadian Network for Respiratory Care, 2017.