

Week 1: Introduction to stopping smoking

Plan and get ready:

- Choose a day in the next week or two to stop smoking. Pick a day when you'll be busy with fun activities but not too stressed or worried.
- If someone you live with smokes, tell them about the day you've chosen to quit smoking.
- Ask for help from your family and friends, or someone who has already quit smoking. You can also use websites, apps, or social media for support.
- Make your home and car free from smoke by throwing away all your lighters, ashtrays, and cigarettes the night before.



Use of special treatments and medicines can help you quit smoking. You're three times more likely to stop smoking if you use Behaviour Support (like counselling) and medicine, like patches.

The type of medicine you'll use to help you stop smoking can change. It depends on your health, other medicines you're taking, or if you're expecting a baby.

My Quit Date is:

Who is going to support me on my journey?:
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Choosing Your Treatment:

Your practitioner will explain the different treatment options available for you to try, how to use them, and any side effects they might have. Use the space below to write down notes about the medication you choose. The kind of medication you can get depends on where you get your care, any other health issues you have, other medicines you're taking, and if you are pregnant. If you have more questions, make sure to ask your practitioner.

My medication choice:

How to take my medication choice:

Possible side effects of my chosen medication:

Carbon Monoxide (CO)

Carbon Monoxide a dangerous gas that you can't see, smell, or taste. It comes from burning tobacco products like cigarettes. When someone smokes a cigarette and inhales the smoke, they also breathe in CO. This gas goes into the lungs and then into the blood. CO is very bad for the heart and lungs. The good news is that if you stop smoking, the amount of CO in your body quickly goes back to the level of someone who doesn't smoke. There is a special machine that can check how much CO is in your lungs, measuring it in something called parts per million. If you haven't been smoking, this number should be below 6 parts per million.



Your week 1 carbon monoxide reading:

Carbon Monoxide Reading:	
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Your week 1 blood pressure reading:

Blood Pressure Reading:	/
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Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	