



# Week 10: Staying Smoke Free

**Reflection:** What changes have you noticed since you quit smoking? List any changes and talk about them with your practitioner:

.....

.....

With the programme nearly finished use the space below to reflect on your journey?

## Maintain the quit and avoiding relapse

Write down below what you are going to do to maintain your quit:

## Risks and reducing future risk:

Write down what might make you go back to old bad habits and how you plan to avoid this from happening.

[illegible]



## 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?	