

# The Monday Quit Check-In



**If you have decided to become a Monday Quitter, congratulations!** You've taken the first step on your journey to quitting smoking for good. This handout is a tool that highlights key practices that can help you with your quit. If you haven't quit yet, print this worksheet out and write your Monday quit date in the blank below. Prior to your quit date, create a plan that outlines your reasons for quitting, what your triggers are, and how you plan to cope with cravings. Also, get extra support from your friends, family or a professional and plan to check-in with your support system every Monday.

Once you've quit or if you have already quit, print this handout every Monday and check off if you have succeeded or struggled in any of these areas. If you struggled or relapsed, that's okay! It can take several attempts to quit smoking for good. Use the related external and Quit & Stay Quit Monday support materials in whatever area you struggled with, then recommit to quitting next Monday. If you succeeded in any of these areas and/or stayed smoke-free, capture your success! Check off where you succeeded and write down how many Mondays you have stayed quit below. Every step you take is progress, and this handout can help you see it for yourself!

**My Monday Quit Date:** \_\_\_\_\_ **I've been smoke-free for** \_\_\_\_\_ **Mondays!**

Did You...?	Yes	No	What Worked for Me	What Challenged Me	How I Plan to Overcome My Challenges
Stick to your Quit Plan					
Handle your Triggers					
Handle your Cravings					
Connect with your Support					
Celebrate your Successes					

**For additional help with your challenges, turn the page for online resources. →**

# Online Resources for Monday Quitters

## Quit & Stay Quit Monday Resources

### Quit Plan

Check Your Plan: <http://bit.ly/QSQMplan>

Weekly Tips: <http://bit.ly/QSQMWeeklyTips>

### Triggers

Beating Triggers: <http://bit.ly/QSQMTriggers>

Weekly Tips: <http://bit.ly/QSQMWeeklyTips>

### Cravings

Overcoming Cravings:

<http://bit.ly/QSQMStopCravings>

Weekly Tips: <http://bit.ly/QSQMWeeklyTips>

### Connect

Getting Support: <http://bit.ly/QSQMSupport>

Weekly Tips: <http://bit.ly/QSQMWeeklyTips>

### Celebrate

Rewarding Yourself:

<http://bit.ly/QSQMReward>

Weekly Tips: <http://bit.ly/QSQMWeeklyTips>



## Additional Resources

### Quit Plan

Smokefree.gov:

<http://bit.ly/SmokefreegovPlan>

CDC: <http://bit.ly/CDCgovPlan>

### Triggers

Smokefree.gov:

<http://bit.ly/SmokefreegovTriggers>

National Cancer Institute:

<http://bit.ly/NCIgovTriggers>

### Cravings

Medline Plus:

<http://bit.ly/MedlinePlusCravings>

Mayo Clinic:

<http://bit.ly/MayoClinicCravings>

### Connect

CDC: <http://bit.ly/CDCconnect>

WebMD: <http://bit.ly/WebMDconnect>

### Celebrate

Quitter's Circle:

<http://bit.ly/QuittersCircleCelebrate>

Smokefree.gov:

<http://bit.ly/SmokefreegovCelebrate>

Website: [quitmonday.org](http://quitmonday.org)

Facebook: [facebook.com/quitmonday](https://facebook.com/quitmonday)

Twitter: [twitter.com/quitmonday](https://twitter.com/quitmonday)

Pinterest: [pinterest.com/quitmonday](https://pinterest.com/quitmonday)