



Quit Plan Worksheet: My Plan for Quitting to Win

Warfighters are always ready to fight and win. Battling nicotine and tobacco use isn't easy but you can succeed when you anticipate, plan, and work with your healthcare provider. When trying to quit tobacco, treatments that include counseling **and** medications increase your chances of success. Here is a four-step plan you can follow starting today to help you be successful in the future. Complete and print a copy of the worksheet to help you stay on target; give a copy to your provider so they can partner with you on your quit journey and ask for a duplicate copy to be placed in your medical record.

STEP 1. Set a quit date.

My quit date is:

I have told someone my quit date: ☐ Yes, a friend ☐ Yes, a family member ☐ Yes, a teammate
☐ Yes, my healthcare provider ☐ Not yet

I have not picked a quit date and here are some reasons why:

On this readiness ruler, where 1 is "I am not at all ready" and 5 is "I have my quit date," select the number representing how ready you are to quit:

1 2 3 4 5

On this confidence ruler, where 1 is "I am not at all confident" and 5 is "I am fully confident," select the number representing how confident you are that you can quit:

1 2 3 4 5

Here are two actions I could take to move me one readiness or confidence step to the right.

STEP 2. Review pros and cons of quitting.

Review and check from the options below and include your own pros/benefits and cons/challenges of quitting now.

Pros/Benefits

- | | |
|---|--|
| ☐ Improved health and feeling physically better | ☐ Decreased coughing and shortness of breath |
| ☐ Financial savings and benefits | ☐ Decreased risk of coronary heart disease and stroke |
| ☐ Improved appearance (reduced skin wrinkling/aging, whiter teeth) | ☐ Decreased risk of mouth, throat, bladder, esophagus, cervical, pancreatic, or lung cancer |
| ☐ Improved taste and sense of smell | ☐ Increased physical fitness and job performance |
| ☐ Decreased heart rate and blood pressure | |
| ☐ Improved circulation and lung function | |

Cons/Challenges

- | | |
|--|---|
| ☐ Feeling irritable, uneasy, or nervous from withdrawal | ☐ Changes my routine |
| ☐ Missing smoking or tobacco use | ☐ Impact on focus |
| ☐ Changes connection to friends | ☐ Impact on appetite |
| | ☐ Tobacco use is how I relax |

The PROS/benefits of my quitting now are:

The CONS/challenges of my quitting now are:

STEP 3. Review triggers and prepare skills.

Review and check from the options below and include your own triggers (list people, places, things, circumstances, events that are more likely to lead you to use nicotine or tobacco).

Triggers

- ☐ Experiencing withdrawal (irritability, uneasiness, nervousness)
- ☐ Fear of failure or guilt after slips
- ☐ Weight gain
- ☐ Being around other people who use tobacco
- ☐ Stress
- ☐ Relationship conflict

STEP 3. Continued

Review the options below and list or include your own skills to use when triggers occur (list coping skills and distractions you can effectively use given your circumstances to battle a craving until it passes).

- Skills**
- ☐ Physical activities (walk, run, jog, hike, swim)
 - ☐ Gardening, yoga, read, play an instrument
 - ☐ Connect with social support

People I can contact for support (list name and phone number):

Professionals or agencies I can contact for support (list name and phone number):

STEP 4. Anticipate success with multiple tries.

Victory is closer especially when you use multiple methods or repeated attempts at quitting. Here is what to focus on to seal the deal.

My plan for what to do if I start using nicotine or tobacco again:

I will contact:

My next steps would be to:

This tool is designed to be used as part of a comprehensive tobacco use treatment approach to change including reviewing with your treating primary care manager, mental health provider, or other healthcare provider.

Resources

Additional resources to consider for your successful future include: [YouCanQuit2](#) and [Quit VET](#).

Reference:

Veterans Affairs and Department of Defense. (2026). *VA/DOD Clinical Practice Guideline for Tobacco Use Treatment*. Version 3.0. https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/CD/tobacco/Tobacco-Cessation-CPG_2026-Guideline_final_20260109.pdf