

Personal Quit Coach Syllabus

- Session 1 Getting Ready to Quit
Complete “My Tobacco History”
- Session 2 Health Aspects
Complete “Tobacco Journal”
- Session 3 Why Smoke? How to Beat It
Identify Triggers and Substitute Coping Actions
- Session 4 Stress Management
Develop Plan for Quit Day
- Session 5 Tobacco-Free You!
Quit Week
- Session 6 I’ve Quit. Now What?
- Session 7 Physical Activity
- Session 8 Nutrition
- Session 9 Avoiding Relapse
Develop Relapse Prevention Plan
- Session 10 Staying Quit / Wrap Up
Maintenance Tips
- Session 11 Check-In Support
- Session 12 Check-In Support