



## PREPARING TO QUIT ► WEEK 1 - 4

Week 1-4 Objective: Validate readiness to quit, program enrollment, identify reasons for tobacco use, and begin organizing support strategies including Nicotine Replacement Therapy (NRT) and/or prescription medication. Suggested timeline: 2-4 weeks.

On a weekly basis:

- Participant utilizes program checklist to document program steps and responses.
- Review Tobacco/Nicotine Tracking Form – remind participant to continue to track and discuss any barriers to tracking.
- Monitor for the possibility of new triggers, i.e.: weight gain, old friends visiting, stressful events, etc.

Suggestions for open-ended questions from National Society of Health Coaches:

- What quit strategies have you previously used?
- What are your greatest challenges to quitting?
- Which ones will be the toughest?
- When do you smoke/utilize tobacco most often?
- Describe your reasons for quitting.

### WEEK 1 ► INTRODUCTION

\*Your participant may be very anxious to quit. Make sure they understand the difference between, “I am ready to quit,” and, “I am prepared to quit.”

Assess program readiness

- Meet with participant by phone or face to face to assess and start coaching.
  - Confirm plans for NRT/Rx Appointment scheduled with provider
  - Review 5 keys to quitting, discuss smoking triggers and have participants track. Ask participant to think about reasons why they smoke and want to quit. Review tracking record and have participant start tracking.

Provide education/handouts:

- Tracking Log
- PLAN (includes the checklist)
- WEEK 1 - 5 Keys to Quitting
- WEEK 1 - Triggers

### WEEK 2 ► UNDERSTANDING THE QUIT

Prepare participant to quit

- Continue to work with participant on preparation to quit until you and participant are confident that participant has identified strategies to deal with triggers and is prepared to use NRT/Rx correctly.
  - Finalize and confirm use of NRT
  - Review tracking record
  - Set quit date if appropriate
  - Set next appointment



- Provide education/handouts:
  - WEEK 2 - Understanding Why and How
  - WEEK 2 - Benefits of Quitting

### WEEK 3 > PREPARING TO QUIT - SET QUIT DATE

- Provide education/handouts:
  - WEEK 3 - Approaches to Quitting
  - WEEK 3 - Roadblocks

### WEEK 4 > PREPARING TO QUIT

- Provide education/handouts:
  - WEEK 4 - What to expect
  - WEEK 4 - Withdrawal Symptoms
  - WEEK 4 - How You Can Get Through It

DAY BEFORE OR DAY OF QUIT > STATE YOUR QUIT PLAN  
Review the PLAN

## SUPPORTING YOUR QUIT > WEEK 5 - 12

Objectives: Maintain strategies to deal with triggers. Reinforce positive changes in health.

- Support participant
  - Encourage continued tracking
  - Support management of relapses if necessary
- Provide Education/handouts:
  - Alternatives to smoking
  - Affirmations
  - Rationalizations
  - Avoiding Relapse
  - Dealing with weight gain

### 6 MONTH FOLLOW UP

- Follow up with participant to determine quit maintenance or relapse
- Assess need for reenrollment