







Picking a Quit Date

	<p>Pick a quit date that is just right. Mark it on your calendar</p>	<ul style="list-style-type: none"> • Not too close, Not too far away. Try to pick a date within a month. • Avoid times that you know will be stressful: finals week, the day before a big project is due or the day of a big job interview
	<p>Tell your friends and family the date you chose to quit</p>	<ul style="list-style-type: none"> • Ask your parents to help you stick to your date and not to bug you before then • Let your friends help hold you to it
	<p>Make a list of all of the reasons you want to quit</p>	<ul style="list-style-type: none"> • It will be helpful to read these over if you feel like you want to vape.
	<p>Get rid of your "stuff"</p>	<ul style="list-style-type: none"> • Throw away vapes, pods, pens, and all of your equipment and supplies
	<p>Make a list of your triggers and think through how you will avoid them</p>	<ul style="list-style-type: none"> • Do you vape after you eat? Plan to chew gum as soon as you finish eating. • Do you always vape with the same friends? Let them know that you are quitting and ask them to help you with it. • Do you vape when you are: <ul style="list-style-type: none"> ○ Angry? Take a time out, hit a pillow, snap a pencil

Picking a Quit Date

		<ul style="list-style-type: none"> ○ Bored? Watch your favorite TikTok, call a friend, listen to a song ○ Anxious? Meditate, talk to a friend, go for a walk or get some exercise
	<p>The good part: Make a plan to reward yourself for remaining vape-free</p>	<ul style="list-style-type: none"> ● Celebrate 24 hours: For example, have a special dessert, watch an extra episode of a favorite TV show, or spend a little extra time talking to a friend on the phone ● Celebrate the first 3 days: Have your favorite dinner, call a friend or relative to tell him/her how well you are doing ● Celebrate the first week: Pick a fun weekend activity

This tip sheet is offered for information purposes only and is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. It is not intended to provide medical advice or clinical services to patients, to verify or approve medical information or credentials, or to make any medical referrals. This tip sheet does not provide professional or medical advice or recommend any particular medical device or service, including recommendations or endorsements through the tip sheet. Users who choose to use information or recommendations made available by the tip sheet do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.