

# REVAMP YOUR ROUTINE BY PUTTING DOWN TOBACCO

**YOU CAN QUIT<sup>2</sup>**  
 MAKE YOUR FUTURE  
 TOBACCO FREE

## Get Started

### To use this activity:

1. Think about when you use tobacco.
2. Check the activities/actions that are a part of your current routine.
3. Pick what you will do instead of using tobacco. There's space for you to write in your own ideas too!



### Current Routine:

### Instead I Will:

<input type="checkbox"/> "I use tobacco when I first wake up or when I drink coffee/tea."	<input type="checkbox"/> Get some cardio in <input type="checkbox"/> Drink a different beverage like lemon water <input type="checkbox"/> Calculate how much money I will save by not using tobacco and think of fun ways to spend it <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco when I drink alcohol."	<input type="checkbox"/> Play a game of cornhole with friends <input type="checkbox"/> Enjoy a non-alcoholic beverage <input type="checkbox"/> Avoid alcohol while quitting - it's too tempting <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco when I'm stressed."	<input type="checkbox"/> Take a yoga class or practice at home <input type="checkbox"/> Identify and use a new stress management tool at my desk <input type="checkbox"/> Call or text a friend and chat with them <input type="checkbox"/> _____

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## Current Routine:

## Instead I Will:

<input type="checkbox"/> "I use tobacco when I'm driving."	<input type="checkbox"/> Walk/bike to work to get in a little extra exercise <input type="checkbox"/> Listen/sing to music with the windows down <input type="checkbox"/> Eat sunflower seeds, frozen grapes or other low-calorie snacks <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco to get a break."	<input type="checkbox"/> Catch up with my parents... they'll be so happy <input type="checkbox"/> Get some fresh air - not at the designated tobacco use area <input type="checkbox"/> Scroll through social media <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco when I'm bored."	<input type="checkbox"/> Start a new hobby (like drawing, reading or tennis) <input type="checkbox"/> Take a walk <input type="checkbox"/> Meditate for 5 minutes in my room/at my desk <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco to stay awake."	<input type="checkbox"/> Chew on sugar-free gum or hard candy <input type="checkbox"/> Drink or use caffeine <input type="checkbox"/> Think about who or what I'm quitting tobacco for <input type="checkbox"/> _____
<input type="checkbox"/> "I use tobacco when _____." <input type="checkbox"/> "I use tobacco when _____." <input type="checkbox"/> "I use tobacco when _____." <input type="checkbox"/> "I use tobacco when _____."	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

**Live tobacco free and get excited for the new possibilities!**