

**Countdown begins today!**

**Great news** — You decided to quit. Use these tools to help make that happen.

**Quitline—24/7**

**1-866-368-7847**

**tobacco@gov.nu.ca**

**Live chat: nuquits.ca**

**14**  
**Pick a quit day!**  
Choose a day to start being tobacco-free and stick to it.

**13**  
**Keep a journal**  
Write your goals and other thoughts along the way.

**12**  
**Visit your nurse or doctor**  
Before you start, talk to your health care provider and get their advice and help.

**11**  
**Get supplies**  
Stock up on healthy snacks and nicotine replacement therapy.

**10**  
**Talk about it**  
Make a pledge to your family or friends.

**9**  
**Stash your savings**  
Put all the money you usually spend on tobacco in a jar.

**8**  
**Use the four helpers**  
To deal with cravings:

- drinking water
- deep breathing
- distractions
- delaying

**7**  
**Get a head start**  
Smoke or chew a little less each day.

**6**  
**Envision success**  
See yourself as a tobacco-free person.

**5**  
**Help others**  
Get good feelings from being kind and helpful, instead of from tobacco.

**4**  
**Enjoy food more**  
Smell and taste food in new ways without tobacco.

**3**  
**Have new adventures**  
Try new things; find something else to enjoy.

**2**  
**Connect with family**  
Remember that quitting helps you and everyone around you.

**1**  
**Clean house**  
Throw out everything tobacco: ashtrays, lighters, spit jars, etc.

**Week 1**  
Your courage and hard work prepared you for this journey.

**1**  
**Start today**  
Say, "From today on, I am tobacco-free." And believe it.

**2**  
**Drink water**  
Use water to flush out nicotine and poisons — gone in just one day.

**3**  
**Make a new routine**  
Try new activities; do things in a different order; break old habits that involve tobacco.

**4**  
**Drink less caffeine**  
Cut down on the coffee, tea and pop — without them quitting is easier.

**5**  
**Enjoy smells**  
Eat favourite foods or try new ones — without tobacco you smell and taste them better.

**6**  
**Stay away from alcohol**  
Choose activities that help you quit — drinking makes quitting harder.

**7**  
**Stay away from tobacco**  
Hang out with people who don't smoke; as much as possible, avoid people who use tobacco; say "NO" if someone offers you tobacco.

**Week 2**  
You are ready for week two. Keep saying, "From today on, I am tobacco-free."

**8**  
**Overcome cravings**  
Practice the four helpers — drinking water, distractions, deep breathing, delaying.

**9**  
**Manage stress**  
Go for a walk, stretch, practice relaxation, be patient with yourself and others.

**10**  
**Brush your teeth**  
Remove the nicotine stains and freshen your breath.

**11**  
**Go out with friends**  
Take along a quit buddy — someone to help you stay tobacco-free.

**12**  
**Eat healthy snacks**  
Try veggies, dry meat, berries and yogurt, or other good things to help beat the cravings.


**13**  
**Be a role model**  
Set a good example for others in your life, especially young people.


**14**  
**Write in your journal**  
Describe how it feels to make it through two weeks without tobacco.

**Week 3**  
Things may get hard. Keep saying, "From today on, I am tobacco-free."

**15**  
**Talk to someone**  
Share with another friend who is quitting or use the Quitline.

**16**  
**Do things you enjoy**  
To help reduce stress, find pleasure — play with your kids, take a warm bath, watch a comedy, read a good book, listen to your favourite music, spend time with a friend.

**17**  
**Be active**  
To help reduce stress, get moving — play sports, go for a walk or run, do some other exercise.

**18**  
**Enjoy your healthy heart**  
Know that blood flow improves almost right away, and after one year, your risk of heart disease is half what it was.

**19**  
**Celebrate no second-hand smoke**  
Enjoy the thanks from friends and family for not smoking; second-hand smoke causes cancer, heart disease, and other breathing problems.

**20**  
**Keep saving money**  
Use the money to buy something special.

**21**  
**Smile**  
Celebrate three weeks tobacco free; you have lots to smile about; when you smile, you feel happier.


**Week 4**  
The last full week of your quit month. Keep saying, "From today on, I am tobacco-free."

**22**  
**Expect coughing**  
Know that coughing is normal after a few weeks without tobacco — to clean out your lungs. Visit the health centre if coughing lasts longer than a few weeks.

**23**  
**Keep taking medicine**  
Even if the cravings fade, keep taking the quit medicine.

**24**  
**Write about your experience**  
Describe how you feel so far, how much money you saved, how your cravings and energy change; read your journal when you have a bad day.

**25**  
**Always be ready**  
Know that cravings can happen any time, any place; distract yourself, keep your mind and hands busy — play a game, make tea, eat a healthy snack, chew gum, etc.

**26**  
**Get more active**  
Feel your increased strength and health; if you walk, try walking farther, longer and faster.

**27**  
**Enjoy fresh smells**  
Celebrate how your clothes, breath, and home smell better without tobacco; ask someone to help you wash all the walls and surfaces.

**28**  
**Keep saving money**  
Put the money in a bank account and save it for something big; you already saved at least \$400 if you smoked half a pack a day.

**Week 5**  
This may be the easiest week so far. Keep saying, "From today on, I am tobacco-free."

**29**  
**Share quitting stories**  
Listen to other people's stories and share your own story; talk to your friends and neighbours; join the conversation on Facebook — NUquits.

**30**  
**Plan to celebrate**  
Make a special dinner, buy a gift for yourself or someone else, go on a special walk or trip.

**31**  
**Celebrate!**  
Know that if you quit for one month you can quit for longer; keep saying, "From today on, I am tobacco-free."



**CONGRATULATIONS YOU DID IT!**  
Quitting tobacco one day at a time



# QUITTING? GREAT!

This quit calendar can help you day by day in your quit journey. First work through steps one, two and three. Then turn over to the quit calendar and start two weeks before the day you want to quit. Begin with the circle labelled 14. Mark off each day with an X. Just take it one day at a time!



**Quitting tobacco one day at a time**



What are your top reasons for wanting to quit tobacco?

- 1
- 2
- 3
- 4
- 5

If you smoke one pack a day, you are spending \$12,775 (based on \$35 per pack) on tobacco a year. What could you spend that money on instead?



What is your motivation to quit?

1


**Stay quit**


**WOW! You've made it one month tobacco-free. Here are some tips to keep you strong:**


- ✓ **Ask for help.** Reach out to family and friends or our quitline coaches.
- ✓ **Never give up.** It can take a few times to quit for good. If you return to tobacco use, try again. Figure out what made you use tobacco, and then work to avoid that next time.

**Talk to a quit coach**

Get free, private support from trained quitline counsellors, 24/7

 **Contact the QuitLine**  
Toll free: 1-866-368-7848  
Email: tobacco@gov.nu.ca

 See **NuQuits** on Facebook.

 Go to: **nuquits.ca**



Revised November 2025

**Counselling and talk support**

2

3

**Medicine**

Products like the nicotine patch, gum, or pills ordered by the doctor are free for most people in Nunavut – and they can triple your chances of quitting for good! Talk to your doctor, nurse or pharmacist to find out more.

**Talk to friends and family**

Contact the quit coach through the Quitline for support 24/7 at **1-866-368-7848**, or email at tobacco@gov.nu.ca or by live chat at **nuquits.ca**

The support of family, friends and your community is important to become tobacco-free. Make a list of the people who will support you:

1

2

3

**My quit buddy is:**

Ask one of these people to be your quit buddy – a person who will support and listen to you through the challenges of quitting.