

A smoke free life, one Monday at a time

Join the Monday quitters movement.

Every Monday is another chance to stop smoking.



#QuitMonday

Quit & Stay Quit
Monday
IQUITMONDAY.ORG

What is Quit & Stay Quit Monday?

Maybe you tried to quit smoking on New Year's or your birthday. Then you slipped up and pledged to quit again...next year. You're not alone.

Don't worry, many smokers make several attempts before they successfully stay quit. However, if you select a yearly event to start, it may take years for you to quit for good.

With the Quit & Stay Quit Monday (QSQM) program you use Monday as a reset day from the occasional slip. Instead of waiting for the next annual event to quit again, QSQM encourages you to quit again on Monday. This gets you back on track quickly, giving you a better chance of success.

Quit on Monday to start your week fresh!



Why Monday?

Monday comes around every week. That means every Monday, you have a natural reminder to stay on track.

Surveys show that people see Monday as a "fresh start" and a day they are most likely to do something good for their health.

Research also indicates that people may be more open to quitting smoking on Monday. Calls to national tobacco quit lines are highest on Mondays. Online searches of smoking cessation information are also highest on Mondays.

For a smoke free you,
we're here to help.
Call us at
520.724.7904



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How do I use QSQM?

Print out The QSQM Monday Check-In.

Each Monday is an opportunity to reflect on your progress from the previous week and kick-start the week to come.

The QSQM Monday Check-In helps you track your progress (as well as your struggles) and connects you to resources to keep you engaged with your quit.

Every Monday do the following:

- Review and update your QSQM Monday Check-In.
- If you haven't quit yet, set a Monday quit date, write it on the Monday Check-In and prepare for your quit.
- Ask a friend or family member to support you, and check-in with them every Monday.
- Recommit to your quit. Even if you slipped up, use the Monday Check-In to acknowledge where you struggled, identify ways to improve your next attempt and recommit to quitting next Monday.
- Plan your week. Use the Monday Check-In each week to identify activities that can strengthen your quit attempt.
- Reward yourself. Record the number of Mondays that you stay quit on your Monday Check-In and give yourself a small smoke-free reward for your progress.
- Share your success. Be proud and share your success with loved ones.

Quit & Stay Quit Monday Check-In

Congratulations, you're on the path to a smoke free life, one Monday at a time.
This handout is a tool that can help you with your quit. If you haven't actually quit yet, simply print this worksheet out and write your Monday quit date in the appropriate space below. **Then create a plan**, outlining your reasons for quitting, what your triggers are, and how you plan to cope with cravings.

Once you've started your quit:

- Print this handout every Monday and check off where you've succeeded or struggled.
- If you struggled or relapsed, don't panic. Just recommit to quitting next Monday.
- Write down how many Mondays you have stayed quit in the designated space below.

My Monday Quit Date: _____ I've been smoke-free for _____ Mondays!

Did You...?	Yes	No	What Worked for Me	What Challenged Me	How I Plan to Overcome My Challenges
Stick to your Quit Plan					
Handle your Triggers					
Handle your Cravings					
Connect with your Support					
Celebrate your Successes					

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 **PIMA COUNTY**
HEALTH DEPARTMENT

 **Quit & Stay Quit Monday**

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Pima County Resources

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QSQM Resources

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