

# Developing an Action Plan



Quitting is more successful when you understand the patterns of your tobacco use. Tracking your use may help you identify the times, feelings, and cravings associated with your tobacco use throughout the day. This can help you develop your plan to quit.

**The Five Rs is a tool for tracking your tobacco use. Write down your answers and revisit them whenever you need the motivation:**

- **Relevance** - Why is stopping tobacco use important to you?
- **Risks** - What are the negative consequences of continuing to use tobacco?
- **Rewards** - What are all of the benefits of quitting tobacco use?
- **Roadblocks** - What barriers may interfere with your plan of quitting and what can you do to remove or decrease them?
- **Repetition** - Every time you need a reminder, revisit the Five Rs. **Remember, it takes many tobacco users several attempts to quit before being successful.**

**After a few days of tracking your tobacco use, you will be able to see when your cravings are the strongest. To curb your cravings, practice the Four Ds:**

- **DO** something else to distract yourself when you think about using tobacco.
- **DRINK** water, slowly and mindfully.
- **DELAY** when you feel an urge. Remind yourself that the craving will pass.
- **DEEP** breathing can release tension and reduce your urge.

**The key to becoming tobacco free is to never give up. Over half of U.S. adults who used tobacco have quit. You can too.**

**Sources:** PHS Clinical Practice Guidelines, Agency for Healthcare Research and Quality <https://www.ahrq.gov/prevention/guidelines/tobacco/5rs.html>; Making a Plan to Quit and Planning Your Quit Day, American Cancer Society, 2020, <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/deciding-to-quit-smoking-and-making-a-plan.html>; How to Quit, Centers for Disease Control and Prevention, 2020, [https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

For more information, visit:  
[optimahealth.com/quitsmoking](https://optimahealth.com/quitsmoking)

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Time of Day & Setting	Craving	Feelings		
	1-LOW 2-MED 3-HIGH			
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2				
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4				
5				

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