



The Five-Day Plan to Quit Smoking

The Five-Day Plan is one of the oldest and most effective smoking cessation programs to date. First published by J. Wayne McFarland, M.D. and Elman J. Folkenberg in 1964, The Five-Day Plan has gone on to be conducted in countries around the world with over 20 million participants. The plan has also received recognition from the World Health Organization, the American Cancer Society, the American Lung Association, and the American Heart Association.

The program takes participants through a five-day, step-by-step program to change daily habits and achieve their goal to quit smoking. Through psychological motivations, such as affirmation statements, and physical changes, such as dietary modifications, the Five-Day Plan works to break the participant's cigarette cravings and smoking routine. The plan also addresses issues such as weight gain and symptoms associated with cigarette withdrawal, along with alternative activities to overcome such concerns and remain smoke-free.

Day One

For a long time you've planned to stop smoking because of its dangers, its expense, its sheer uselessness. But smoking isn't just like any other trivial habit. It affects your nerves, your heart, your entire body.

You have tried again and again to get rid of that cigarette, only to find yourself facing failure so often you have almost given up. What you need is an all-out comprehensive plan that touches every facet of living.

The Five-Day Plan is based on sound physical and psychological principles and is designed to strengthen your choices so you can succeed. You will be on a complete physical fitness program, a total health program of body, mind and spirit.

Now you are about to stop—really stop—smoking!

You may have some rough hours and perhaps days ahead, but this program is based on helping you get through those stressful periods, to lessen each and every craving.

An entire change in your life can be yours through proper use of your will, and by making the right choices.

Get ready for better living.

You can, if you will! You can choose not to smoke.

Tonight

Plan to go to sleep a bit earlier than usual tonight. Here is why:

1. To give nerves a good rest; you will understand this tomorrow.
2. So you can get up rested, a bit earlier in the morning.

Just before going to sleep

1. Go for a short walk. Practice deep breathing.

2. Have a warm, not hot, relaxing shower or bath.
3. If you have been in the habit of taking a warm drink (such as Ovaltine or malted milk), this is all right, but no other fluids except water. You **must not drink alcohol** for five days.
4. Restate your decision several times: "I choose not to smoke."
5. Keep this page near your bed. You will need it first thing in the morning.

Set your alarm for a half hour earlier than usual, so you have time for:

1. A relaxing shower or bath before breakfast. This is a must.
2. One or preferably two glasses of water (warm if possible). Make it herb tea with a bit of lemon if you like. You will do better if you stay away from coffee and tea this week.
3. A diet of fresh fruit and fruit juices is best for the first 24 hours. Try a fruit medley of fresh fruits, such as bananas, strawberries, melons, and grapes in season.

Waking thought

"I choose not to smoke no matter how strong the urge."

Repeat several times.

Here is the time to tell you: Forget about your weight for a few days. Your main job now is to stop smoking. Weight control, if needed, will come later.

After breakfast

1. Deep rhythmic breathing of fresh air. (Three deep breaths will help to calm your nerves.)
2. Five-minute walk, if possible.
3. Deep breathing and walking are vital—a must after every meal.

If you are not on a regular exercise program, consult a clinician as to what is best for you.

In 1988 the U.S. Surgeon General reported that nicotine is just as addictive as heroin and cocaine.

Here you are at class or work. Watch it: tensions can build. Remember, you've stopped smoking.

What to do when a craving strikes

1. Say to yourself: "I choose not to smoke" and mean it.
2. Immediately go for a glass of water.
3. Start deep rhythmic breathing in cadence on your way to get a glass of water.
4. Sugarless gum or mints may be helpful.
5. Nibble fruit, celery, carrots.
6. Call your friend.

Check to be sure you have gotten in at least three glasses of water or juice between 8:00 am and 12:00 noon. Then three glasses between 12:00 noon and your evening meal.

1. _____	2. _____	3. _____
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Fluid lessens craving. Each craving resisted strengthens your will.

Noontime

1. Avoid a smoking companion during lunch if possible.
2. If you feel you must eat more than fruit, here is a recommended lunch:
 - Sandwich (avoid fried or spiced meat)
 - Salad, fruit or garden vegetable (light dressing or none)
 - Soup, mildly seasoned
 - Fruit juice

After lunch

1. Get into fresh air for a 10-minute walk. Breathe deeply. Again, deep breathing will blunt the edge of a craving.
2. Say to yourself: "Sure, it may be hard, but right now I am breaking the smoking habit!"

BENEFITS: Get rid of your hacking cough and shortness of breath. Avoid upper respiratory infections, premature wrinkling of skin, emphysema, lung cancer, heart attack and hospital bills due to smoking. Smoking is a factor in all of these.

Your first afternoon

During early afternoon, contact your friend who is supportive or your partner who is participating in the same program. It's vital. Ask how he or she is doing. Your encouragement may come at just the right time.

My partner's name: _____
Phone number: _____
Email address: _____

Afternoon fluid intake:
1. _____ 2. _____ 3. _____

Weaken that craving

Late afternoon (3:30 to 4:30 pm) don't let down.

1. Check the section on "What to do when craving strikes."
2. Remember you are on your way to a smoke-free life.

3. Restate your decision: “I choose not to smoke.”
4. Keep the printout of this Control Page with you.

Don't forget about the second day of the Five-Day Plan to help you stop smoking. Don't miss it. Print out the Day Two page that will carry you through another 24-hour period.

At home after class or work

Avoid idle time. Keep occupied with your favorite recreation, if only for a short period. Above all, stay away from:

1. A favorite chair or place where you often smoked.
2. **Any alcoholic beverage.** One small drink can lead you straight to a cigarette.

Tonight's dinner

Fruit and more fruit: If you feel you are about to fall apart, eat a light meal such as you did at lunch:

- Soup (very light seasoning)
- Salad (cottage cheese or fresh garden vegetables, light or no dressing)
- Whole wheat bread or toast
- Milk or fruit juice.

Don't linger too long: Don't linger at the table after a meal. Good food, good conversation—these always called for an after-dinner smoke. Use willpower. Get up and away from the table.

Do at once

1. Watch it! Again, stay away from that favorite chair or place where you often smoked after dinner.
2. Breathe fresh air for a few minutes and go for a 5- or 10-minute walk. A good respiration soothes the nerves.

3. For some, mouthwash will quiet the urge for a cigarette after a meal.

Did you know?

1. There are over 4,000 chemical compounds in tobacco smoke. Over 40 can cause cancer (from the U.S. Surgeon General's Report).
2. At some time during this five-day period you will hit a peak craving period—from then on your craving will gradually diminish.

If you broke over...

What if you smoked a few cigarettes today? Remember this:

You may have lost a battle, but that doesn't mean you have lost the war.

1. Follow the plan more carefully.
2. Tonight's therapy session is designated to strengthen your willpower.

“Each year more Americans die from smoking-related diseases than from AIDS, drug abuse, car accidents, and homicide combined.” USCDC, Smokefree Educational Services, Inc.

At home tonight

1. Go for a short walk—practice deep breathing.
2. Take a relaxing shower or bath, but not too hot.
3. Set alarm early enough for a morning bath or shower and unhurried breakfast.
4. Keep this Control Page at your bedside for use first thing in the morning.

Information Sheet on Five-Day Program: DAY ONE

Please mark the following items you have noted as you quit smoking.

Date: _____ Name: _____

Headache

Type: vice-like _____ sharp stabbing _____ throbbing _____
bursting _____ dull ache _____ pressure _____

Location: all over _____ right side _____ left side _____
front/above eyes _____ back of head _____ back of neck _____

Duration: all day _____ half a day _____ two hours or less _____
at night _____ none _____

Nervousness

More irritable _____ lightheaded/dizzy _____ blacked-out _____
felt "trembling" inside _____ unable to concentrate _____ trembling hands _____
eye focusing _____ pain in eyes _____ specks before eyes _____

Appetite

No appetite _____ nausea _____ vomiting _____ taste change _____
craving food _____

Craving to smoke

Very severe _____ severe _____ slight _____ less _____ none _____

Muscles

Muscle twitch _____ prickly sensation on skin _____ aching muscles _____
muscle cramps _____

Other symptoms

Tired _____ sleepy _____ sweating hands _____ sore throat _____

Other:

END OF DAY ONE

Day Two

First thing on awakening

1. Reach for your Control Page.
2. Use your willpower and say again, “I choose not to smoke today.”
3. The first 24 hours have passed. They were tough for some, while others found it easier than they anticipated.
4. This morning, try a “cold-mitten friction.” Rub briskly with a cold, wet wash cloth to stimulate your circulation, rubbing until you are pink or feel a warm glow. Start with tepid water until your body becomes accustomed to cold.

Breakfast

Concentrate on fruit, fresh or canned. Apples, oranges, bananas are ideal. Other suggestions:

- Whole-grain cereal with raisins or other fruit
- Skim milk or yogurt
- Whole-wheat toast or waffle with peanut butter
- Boiled eggs
- Warm drink (Stick to herbal tea, cereal beverages, or decaffeinated coffee. Regular coffee and tea often stimulate a craving to smoke.)

If possible, immediately after breakfast get out in the fresh air and walk.

On your way to school or work

1. If traffic is bad or you have a long walk ahead of you, reach for a stick of sugarless gum, sugarless mints, or cinnamon sticks.
2. Sure it’s nerve racking, but smoking is hard on nerves. Nicotine first stimulates, then paralyzes nerves. Take a deep breath,

drive or walk carefully and think of a nice vacation—you are saving money for it—you have given up smoking.

At work or school

When tensions mount, remember a glass of water or fruit juice will help to allay your craving for a smoke.

1. Deep rhythmic breathing at every opportunity will help those tense nerves. Don’t forget a deep breath with a tug on the ribs at least once, three times a day.
2. Remember you are choosing not to smoke!

During coffee/study breaks or between classes

Don’t let it “break” you!

1. Stay clear of your friends when they are smoking.
2. Keep your fluid intake high. Try a variety of juices (cranberry or apple for a change) as well as water. Fluids are essential in getting rid of all the tobacco residues.
3. Have something ready to nibble on (carrots, celery sticks) if you feel the need.
4. Avoid coffee and tea which might trigger cravings.

Lunch

Try this menu:

- Baked potato with low cholesterol margarine
- Whole grain bread
- Legumes (peas, lima beans, etc.)
- Fresh green salad
- Cooked vegetable
- Skimmed milk or tomato juice
- Fresh fruit for dessert

This afternoon

Let your friends know you are choosing not to smoke and you may be more edgy. If you get a headache, a simple analgesic (a mild over-the-counter headache remedy) won't hurt you and is much better than taking in one of the 4,000 chemicals found in tobacco.

Furthermore, you are on your way to better health, a better lifestyle and lessening your chance of cancer and coronary heart disease from tobacco-related causes. The body has wonderful restorative powers. Give it a chance.

The good news: You reduce your chances of heart disease, lung cancer, at least six other cancers, and chronic pulmonary disease when you stop smoking.

“Stopping smoking at any age reduces the progression of lung function loss and also provides an immediate improvement in lung function.” Journal of American Medical Assn., June 1993.

Mid-afternoon

1. Call your partner. He or she may need encouragement right now.
2. Keep up your fluid intake.
3. If the telephone is getting to you, talk slowly, take a deep breath between each sentence, make the conversation short. Have some fruit juice at hand.
4. If you are at home—and others are getting to you—hop in the shower.

On the way home

Congratulate yourself! Your willpower is becoming stronger. You have stopped smoking. Keep up your courage.

Think of all the health hazards you will miss and all the health benefits you will gain. You should write them down.

“Smoking remains the single most preventable cause of death in our society.” U.S. Surgeon General.

Dinner tonight

You are starved. Be careful. Choose plain, simple foods.

- Avoid meals containing complex mixtures of high fat, cream and butter.
- Avoid fried foods or foods highly seasoned with spices and condiments.
- Beware of an overly full stomach. A hearty meal topped with a rich dessert keeps that stomach churning and willpower drowsy.
- For the next few days, eat a light supper and a heartier breakfast and lunch. You will sleep better and help restore your nervous energy.

After dinner, beware!: Don't sit in your favorite chair or go to your favorite smoking place after dinner—it's loaded with tobacco smoke. That smell is all that is needed to start a craving.

Go for a walk! Don't linger at the table.

Information Sheet on Five-Day Program: DAY TWO

Please mark the following items you have noted as you quit smoking.

Date: _____ Name: _____

Headache

Type: vice-like _____ sharp stabbing _____ throbbing _____
bursting _____ dull ache _____ pressure _____

Location: all over _____ right side _____ left side _____
front/above eyes _____ back of head _____ back of neck _____

Duration: all day _____ half a day _____ two hours or less _____
at night _____ none _____

Nervousness

More irritable _____ lightheaded/dizzy _____ blacked-out _____
felt "trembling" inside _____ unable to concentrate _____ trembling hands _____
eye focusing _____ pain in eyes _____ specks before eyes _____

Appetite

No appetite _____ nausea _____ vomiting _____ taste change _____
craving food _____

Craving to smoke

Very severe _____ severe _____ slight _____ less _____ none _____

Muscles

Muscle twitch _____ prickly sensation on skin _____ aching muscles _____
muscle cramps _____

Other symptoms

Tired _____ sleepy _____ sweating hands _____ sore throat _____

Other:

END OF DAY TWO

Day Three

So far, so good

You are starting your third day without smoking. To some it may seem like three months. Actually it has only been 48 hours.

You have a sense of “dragging.” Don’t worry. In a few days this and other symptoms will disappear.

Have you cleaned your clothes to get rid of the smell of cigarette smoke? If not, you’ll start smelling them tomorrow because your nerves and sense of smell will be returning to normal.

Today is critical—be on guard.

1. Review your Control Sheets.
2. Start today’s fluid intake.
3. Enjoy a cold-mitten friction.
4. Make a strong resolve. “I choose not to smoke today no matter how strong the urge.”

Avoid major problems today: If at all possible, avoid major problems for these few days. Give yourself every advantage: postpone any problems a day or so. Make life as uncomplicated as possible.

At breakfast

- Concentrate on having a nourishing breakfast.
- Remember fresh fruit and juices high in Vitamin C.
- Include extra B-vitamins from foods such as whole-grain breads and cereals.

By all means: After breakfast enjoy a 10- to 15-minute leisurely walk. (You may need to set your alarm a half-hour earlier to have time for breakfast and a walk.)

Savor your ability to leave cigarettes alone after a meal.

Keep a special check on your fluid intake again this morning.

If you have two glasses of water before breakfast, get in at least two more before lunch and two more in the afternoon.

Did you know? “Lung cancer has overtaken breast cancer among women who smoke.”

What about your partner? It’s far easier to stop smoking if you make the effort each day to encourage someone else who is also stopping. Be sure to contact your partner, if possible.

The irresistible urge

When it comes, it will be a real emergency. Here’s a proven emergency plan that will positively work for you if you follow it:

1. Decide right then not to smoke for two minutes. Say “I choose to hold out for two minutes.” You **can** hold out for that long.
2. Assume correct posture at once. Breathe rhythmically.
3. Silently say, “Give me strength, I can do this!”
4. At the end of two minutes say, “I choose to hold on two more minutes” and do it.
5. Remember—the urge will now begin to weaken. Keep holding on.
6. Force your mind to think of something else during strong periods of craving: music, clothes, money, cars, vacation!

Lunchtime

Have you noticed how much better things now taste? Why? Tobacco deadens the sense of taste. You’ve stopped smoking so your taste buds are waking up.

How do you feel? Many people feel much better physically during these days because they know they are battling and winning over a dangerous

habit. However, some days will be rough, but stay in there, get tough. You can make it!

Rewards

1. I can taste and smell better.
2. The craving may be strong but doesn't last long.
3. My partner, friends, and family are proud of me.
4. My withdrawal symptoms are not as severe.
5. I've already noticed these things:

Elated or depressed? Your emotions can take a real beating since nicotine affects your nerves. Some feel depressed when stopping; others are elated. Since your nerves are in need of all the help they can get, be sure to keep up deep breathing, water intake, and avoid nerve stimulants such as tea and coffee.

Get an extra amount of vitamins and minerals, especially B-vitamins and Vitamin C for healthy nerve function. Increase your intake of whole grain breads and cereals to get more B-vitamins and foods such as citrus fruits, green vegetables, tomatoes, peppers, and fresh potatoes to increase your Vitamin C intake. B-vitamins can be depleted by an excess of sugar. Bypass the sugar bowl and desserts for the next few days; give your body and your nerves a chance.

After dinner

1. Fresh air and exercise period as usual.
2. Get ready for the next Five-Day Plan session. Don't miss it.
3. Get a good night's sleep.

“Those once smoking a pack or more a day, who have given up smoking for at least one year, have a death rate less than half that of those who have continued smoking.”
American Cancer Society

Information Sheet on Five-Day Program: DAY THREE

Please mark the following items you have noted as you quit smoking.

Date: _____ Name: _____

Headache

Type: vice-like _____ sharp stabbing _____ throbbing _____
bursting _____ dull ache _____ pressure _____

Location: all over _____ right side _____ left side _____
front/above eyes _____ back of head _____ back of neck _____

Duration: all day _____ half a day _____ two hours or less _____
at night _____ none _____

Nervousness

More irritable _____ lightheaded/dizzy _____ blacked-out _____
felt "trembling" inside _____ unable to concentrate _____ trembling hands _____
eye focusing _____ pain in eyes _____ specks before eyes _____

Appetite

No appetite _____ nausea _____ vomiting _____ taste change _____
craving food _____

Craving to smoke

Very severe _____ severe _____ slight _____ less _____ none _____

Muscles

Muscle twitch _____ prickly sensation on skin _____ aching muscles _____
muscle cramps _____

Other symptoms

Tired _____ sleepy _____ sweating hands _____ sore throat _____

Other:

END OF DAY THREE

Day Four

Today

Today you can go all day without a single smoke. Why?

1. Your body has been getting rid of the poisons.
2. Right choices have strengthened your will.
3. You have learned what to do when the craving starts.

Read and reread 1, 2, and 3 above, again and again.

Today you are in control: Begin to run your own life without tobacco dictating you. Today you can refuse to be a slave any longer. Choose to think of something else besides that cigarette.

“I choose not to smoke.”

Let’s go, then!

1. Begin with a cold-mitten friction and two glasses of water before breakfast.
2. Get additional amounts of vitamins, especially B-vitamins.
3. Make a special effort to encourage your partner who is also breaking the habit (if you have one).
4. Know you have the power to break absolutely free.
5. Refuse to be a tobacco slave any longer.
6. Say, “I choose not to smoke again.”

“Three key lifestyle approaches must be addressed in preventing heart disease, diabetes, hypertension and lung disease: smoking, diet and exercise.” World Health Forum, 1991.

Have you had a headache? Headaches can be a withdrawal symptom because tobacco is in the narcotic family and you are getting free from a form of drug addiction.

Craving still there? Certain condiments, such as mustard, black pepper, horseradish, can trigger a craving for a cigarette. You can also increase cravings by indulging in rich sauces and rare steaks. Cholesterol is increased by smoking and also from the use of animal fat. During these five days you are not only stopping smoking but learning how to lower your cholesterol and intake of fatty foods.

A new you is in the making. Change your lifestyle. Give yourself every advantage. Review how to handle the irresistible urge at that unexpected moment (“The Irresistible Urge,” Day 3).

“Living without meat is both possible and preferable. A balanced diet does not have to contain meat.” World Health Document, 1990

Motives for quitting

1. Avoid cancer, heart attack, emphysema, impotence, infertility, and premature wrinkling of the skin.
2. Save money.
3. Get rid of the odor. Gain fresher breath and taste in your mouth.
4. Example to others.
5. You are in control, not tobacco.
6. Will contribute to a better lifestyle.
7. What is your motive?

“Environmental tobacco smoke (passive smoking) is linked to the death of approximately 3000 non-smokers from lung cancer each year.” Surgeon General, Journal of American Medical Assn. 1993.

Exercise, diet, weight

Walk

In addition to a short walk after each meal, plan 20 to 30 minutes of exercise each day—walking is excellent. You don’t have to jog.

Check with your doctor before going on a strenuous exercise program.

Food

In the morning feast like a king; at noon dine like a prince; at night eat like a pauper.

Weight

When your weight is normal, exercising 20 to 30 minutes three times a week will keep you fit and help curb those urges to smoke. If weight is a problem, we will give you more help on Day Five.

Don’t forget: Stick with the program. You can make it. The only people who fail are those who give up.

Be ready for the next day.

Information Sheet on Five-Day Program: DAY FOUR

Please mark the following items you have noted as you quit smoking.

Date: _____ Name: _____

Headache

Type: vice-like _____ sharp stabbing _____ throbbing _____
bursting _____ dull ache _____ pressure _____

Location: all over _____ right side _____ left side _____
front/above eyes _____ back of head _____ back of neck _____

Duration: all day _____ half a day _____ two hours or less _____
at night _____ none _____

Nervousness

More irritable _____ lightheaded/dizzy _____ blacked-out _____
felt "trembling" inside _____ unable to concentrate _____ trembling hands _____
eye focusing _____ pain in eyes _____ specks before eyes _____

Appetite

No appetite _____ nausea _____ vomiting _____ taste change _____
craving food _____

Craving to smoke

Very severe _____ severe _____ slight _____ less _____ none _____

Muscles

Muscle twitch _____ prickly sensation on skin _____ aching muscles _____
muscle cramps _____

Other symptoms

Tired _____ sleepy _____ sweating hands _____ sore throat _____

Other:

END OF DAY FOUR

Day Five

On awakening

This is your fifth day in this program. You have successfully given up smoking. Congratulations! But don't let your guard down. Your all-out assault on cigarettes has paid off for four days, and if you keep your Control Sheets in hand and follow the good habits you have begun, you will continue to be smoke-free.

Right now

1. Try a cold-mitten friction over the entire body if possible.
2. Drink 2 glasses of water before breakfast.
3. Eat a good breakfast but forget the coffee.
4. A 10- to 15-minute walk will get you off to a good start again today.
5. Repeat often "I choose not to smoke."

Don't be weary: It's easy to become weary in doing well. Your concern now is to establish good habits as firmly as the bad ones you are now giving up. During the past few days you have discovered how to break the smoking habit — keep it broken by enjoying and practicing lifestyle principles that will increase your life expectancy, health, and happiness?

Your valuable body: Your body is the most delicate and valuable machine in the entire world. Then why do millions of people willingly clog it, gum it up with tobacco tars and nicotine? You're far too intelligent to treat your body that way ever again.

Gaining some weight?

There are several reasons why you might gain weight now, and there is something you can do about it.

1. Nibbling between meals puts weight on fast. Chew sugarless gum instead of

nibbling on candy or nuts. Keep celery and carrot sticks available for snacks.

2. A large evening meal makes extra pounds accumulate fast. If possible, have your dinner earlier in the day with a lighter meal in the evening.
3. Tobacco has upset certain digestive and metabolic functions of your body. These must be readjusted. You begin utilizing your food with greater efficiency. Your appetite is increasing.
4. With exercise, a healthy lifestyle, a low-fat, low-sugar, and especially a low-cholesterol diet, you can control your weight and feel better for it.
5. Continue a good exercise program at least three times a week. Plan on losing one pound each week rather than going on a crash diet.

Remember, you are psychologically around the corner when:

1. You see others smoking and don't feel sorry for yourself.
2. Instead you feel sorry for others still addicted to nicotine.
3. You have more willpower. Your right choices have built up your self confidence. You have an improved self-image.
4. You are letting others know they can stop.

Shift to the positive

List the benefits of giving up smoking, especially the ones you have noted:

1. _____
2. _____
3. _____
4. _____
5. _____

Add more as you think of them. Keep your list on the refrigerator, at your desk, dresser or planning calendar.

Recall last session: You may have quit smoking, started to experience less withdrawal symptoms, or noticed your cravings were less and didn't occur as often. Maybe you had a rough day and almost gave up? But be assured: give yourself another 24 to 48 hours and you, too, can tell a difference. Don't forget you have been smoking for many years, and you've only had a few days of becoming a non-smoker. Keep at it. You can make it.

Get a new interest

1. Start a new hobby. If it requires some cash, you will have it—you are not smoking anymore!
2. Look around, find someone to help. Don't nag; just say, "I made it, so can you!"
3. My hobby is:

Tips for the weekend

1. Plan on doing something special. If people make you edgy, head for the mountains or some place special where you can get away from it all if possible.
2. However, if being by yourself is sure to trip you up, stay with the crowd. Try a mall, State Street, or a recreational facility on campus.
3. Avoid a big feast, alcoholic drinks, tea, and coffee. These can all trigger an urge. Be in control. Treat yourself to a fruit salad at your favorite restaurant. Remember to sit in the non-smoking section.
4. Start your new hobby.
5. Keep in touch with your partner or non-smoking friends for support.

Don't forget: The Follow-up Session!

Information Sheet on Five-Day Program: DAY FIVE

Please mark the following items you have noted as you quit smoking.

Date: _____ Name: _____

Headache

Type: vice-like _____ sharp stabbing _____ throbbing _____
bursting _____ dull ache _____ pressure _____

Location: all over _____ right side _____ left side _____
front/above eyes _____ back of head _____ back of neck _____

Duration: all day _____ half a day _____ two hours or less _____
at night _____ none _____

Nervousness

More irritable _____ lightheaded/dizzy _____ blacked-out _____
felt "trembling" inside _____ unable to concentrate _____ trembling hands _____
eye focusing _____ pain in eyes _____ specks before eyes _____

Appetite

No appetite _____ nausea _____ vomiting _____ taste change _____
craving food _____

Craving to smoke

Very severe _____ severe _____ slight _____ less _____ none _____

Muscles

Muscle twitch _____ prickly sensation on skin _____ aching muscles _____
muscle cramps _____

Other symptoms

Tired _____ sleepy _____ sweating hands _____ sore throat _____

Other:

END OF DAY FIVE

Follow-up

What you learned in five days

Our bodies are designed to keep us in good health if we follow the simple, but important, rules of the Five-Day Plan. Each facet is important to help you stay free from nicotine and maintain a healthy lifestyle.

In summary:

“I choose not to smoke.”

Deep rhythmic breathing.

Six to eight glasses of water daily.

Cold-mitten friction.

Exercise at least three to five days a week.

Adequate rest, sleep and relaxation.

A balanced diet, cutting down the fat, sugar and cholesterol.

Avoid overeating.

Avoid alcohol, tea and coffee.

Avoid places where others smoke.

Start a new hobby or a new interest.

Think of all the benefits of not smoking.

Encourage others to quit smoking.

