

# The “Butt” Stops Here

## 12 Week Tobacco Cessation Program

*Follow along with the group or at your own pace*



## Kick off meeting to get you started

When: \_\_\_\_\_

Where: \_\_\_\_\_

### 1st Use [Week 1](#) of your 12 week program to do the following

- Assess your habit
- Pick the method of quitting (nicotine replacement, cold turkey, etc...)
- [Line up your resources and support systems](#)

### 2nd Set your quit date

- Start [week 2](#) of your 12 week program on your quit date
- [Sign a personal contract with yourself to quit for 12 weeks](#)

### 3rd Surround yourself with other supportive resources

- Toll Free Support Line ([National Cancer Institute](#))
- Phone Apps available
- List of items that may help your success  
(stress ball, gum, hard candy, tooth picks, coffee straws, anything to keep your hands or mouth busy through the first few weeks)

**Special Note:** This 12 week program can be used in the following ways:

**Individually** (follow along at your own pace)

**Buddy system** (Pick one other person who wants to quit and follow the process together or find a mentor that has already been successful in quitting and see if they will follow along for extra support)

**Group Setting** (organize a group of people who want to quit. It's recommended that you pass out week one at least 2-3 weeks before you launch week 2 to give time for participants to choose and purchase their nicotine replacement product or medication for quitting)

**All of this information can be found at: [www.1stopwellness.net](http://www.1stopwellness.net)**

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For all of this information and more go to

***[www.Istopwellness.net](http://www.Istopwellness.net)***

Click on “Tobacco Cessation Program”  
(located on the top right of the home page)

This program will take you through the quitting process step by step