



# Live Well Leicester habit tracker

Quit your way  
today.



# Your personal quit planner

Each step you take builds strength, health and confidence; getting you closer to a smoke-free life.



# How to use this planner

## Make small changes, build strong habits

This planner is designed to get you ready to set a quit date. Most people don't just stop overnight. What works is learning about yourself, why you smoke and what swaps you can make.

### Every day you'll do five things:

#### 1. Decide why

What is motivating you to quit today? Is it to save money, feel healthier or to make someone proud? This could change daily.

#### 2. Spot your trigger

When do you usually smoke? Is it with coffee, on break, when stressed or out with friends?

#### 3. Pick your swap

What could you do instead? Something that keeps your hands busy, makes you feel calm, or distracts your mind.

#### 4. Make a 'back-up' plan

Write down your back-up plan. For example: If I want to smoke after dinner, then I'll grab a bottle of water first.

#### 5. Pick a reward

Reward yourself every time you stick to your swap. Save money in a jar, take 10 minutes for yourself, or add something extra to your food shop for a treat.

At the end of the week, you'll reflect on what worked and what you want to try differently. This is how small swaps add up to big changes.

#### Quick example:



#### 1. Trigger:

Disagreement with someone



#### 2. Swap:

Chew sugar free gum



#### 3. Back-up plan:

If I still crave after a few minutes, then I'll ring a friend



#### 4. Reward:

Put £1 in a jar and the end of the week use the money I saved to treat yourself for all of your progress.

Stress doesn't have to be a trigger; it can be a reason. Quitting can reduce long-term stress and improve mental health.

**Tip:** Quitting isn't about being perfect; it's about learning what works for you. By using this planner, you're already one step ahead.

# Swap bank

## Choose your swap. Quick wins for any craving.

When you feel the urge to smoke, try one of these simple swaps. Most cravings fade in under 10 minutes so if you distract yourself, you've already won.

### The swaps



Play a game on your phone, doodle or message a mate

#### Why it works

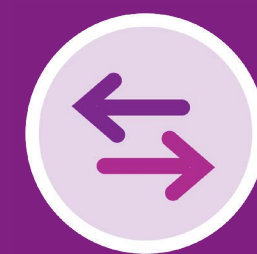
Keeps your hands and brain busy when you're bored



Brush your teeth or chew gum

#### Why it works

Breaks the after-meal habit and refreshes your mouth



Hold a drink or straw in social situations

#### Why it works

This mimics hand-to-mouth motion



Swap coffee or alcohol for herbal tea or water

#### Why it works

If you associate a cup of coffee with smoking cutting it out could reduce triggers



Try "box breathing" (in 4, hold 4, out 4, hold 4)

Repeat for 4–5 cycles (or until the craving passes)

#### Why it works

This puts you back in control and reduces stress and anxiety



Stretching or a short walk

#### Why it works

This allows you to have a break without smoking, even two minutes of movement helps

**Tip:** You don't need to try all of these. Find one or two swaps that work for you and practice them until they become your new normal.

# Daily tracker - day 1

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

After 8 hours, carbon monoxide levels in your blood will have reduced by half. You may notice you feel less tired and have clearer thoughts.

# Daily tracker - day 2

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

Every time you choose to swap, you're proving you can change.

# Daily tracker - day 3

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

After 48 hours your sense of taste and smell are improving, try having your favourite meal tonight. You might enjoy it more!

# Daily tracker - day 4

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

Your breathing should feel easier because your airways have started relaxing. Do you have more energy today?

# Daily tracker - day 5

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

You've spent **5 days** without cigarettes, or with fewer than before. That's real progress, share this milestone with your friends and family!

# Daily tracker - day 6

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

You're no longer just quitting, you're becoming someone who doesn't smoke.

# Daily tracker - day 7

Did you have a smoke free day? Yes: No:

## My why

Why do you want to quit? (e.g., more energy, more money, better health, for your partner or family)

## My trigger



When do I usually smoke (e.g., with coffee, after meals, waiting for a lift/bus, when stressed)

## My swap plan



What will I do instead? (e.g., chew gum, stretch, message a mate)

## My back-up plan



If I get a craving, then I will... (e.g., drink water first, take a short walk, make a plan for the weekend)

## My reward



Celebrate your wins, you've earned them! (e.g., put £1 in a jar, watch my show, cup of tea)

One week is not just a milestone, it's proof you can live smoke-free and you are mentally strong.

# One week reflection

Did you have a smoke free week? Yes:      No:

What I learned this week

What  
worked  
best for  
me

(e.g. swapping at dinner time, chewing gum)

When  
was  
hardest

(e.g. after work, when stressed, social situations)

What  
surprised  
me

(e.g. cravings didn't last long, saving money felt good)

What  
I'll try  
differently  
next week

(e.g. drink more water plan evening swaps better)

Setbacks happen and they're part of the process. Remember you are someone who is quitting smoking, not someone who has failed.

# Next steps

## You made it to day 7!

Over the past week you built new habits, tested your swaps, and have proven you can take control. Now it's time for the next step: setting your quit date.

If you don't feel ready to set a quit date why not use the habit tracker for another week, or as long as you need.

You have already taken the first step; the next step is contacting Live Well Leicester to set your quit date and get even closer to a smoke-free life. Live Well Leicester provides a free support service; this kind of guidance is three times more likely to help you stay smoke-free for good.

In Leicester, you can get free support, nicotine patches, vapes, and a personalised quit plan that fits your life and your routine.

### To access this service

Contact us via telephone: 0116 454 4000

Email us on: [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk)

Click to visit our website:  
[livewell.leicester.gov.uk/services/stop-smoking](https://livewell.leicester.gov.uk/services/stop-smoking)

Scan here  
to visit our  
website



## Messages from those who have quit with the support of Live Well Leicester

“I’ve tried to give up before but wasn’t ever successful and I honestly don’t think I would have succeeded this time if it hadn’t been for Caz’s help and advice.”



“The service was amazing, I wouldn’t change anything. I couldn’t have given up without the support of the service.”

“What impressed me even more was their flexibility in accommodating my work schedule. They would text me when I was working night shifts, allowing me to respond at my convenience, which made it easier for me to stay engaged in the programme.”



[Read more stories](#)

## Have your say

We are always trying to improve and create new resources to support the people of Leicester. Let us know what you think about this quit smoking planner and tell us if it worked for you or how you would improve it.

It takes 2 minutes, and you could WIN a £20 amazon voucher!

[Complete the survey](#)

Scan here to  
complete the  
survey

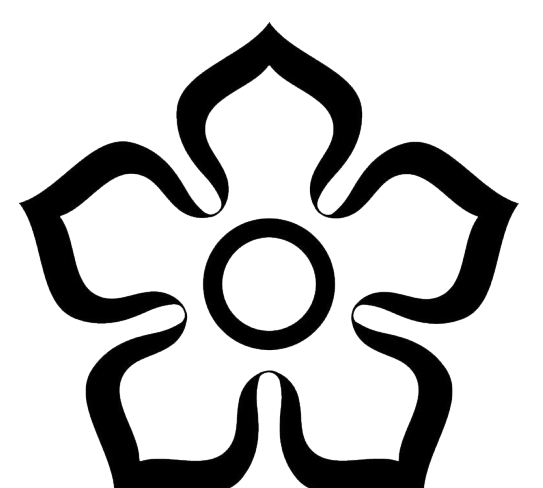


# Make small changes, build strong habits

Contact us via telephone: 0116 454 4000

Email us on: [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk)

Click to visit our website:  
[livewell.leicester.gov.uk/services/stop-smoking](http://livewell.leicester.gov.uk/services/stop-smoking)



Leicester  
City Council