



British Heart
Foundation

**10 MINUTES TO
CHANGE YOUR LIFE**
Your challenge



**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

Time to quit

Your 10 minute challenge

You're in control – by taking the time to plan and quit, you can help keep your heart healthy – and change your life.

My main reason for quitting is

I am going to tackle my withdrawal symptoms by

I am going to quit on this date

I will respond to the urge to smoke by telling myself

The quit method I have chosen is

I will reward myself for not-smoking by

I am going to get support from

Take ten seconds a day to tick off your smoking-free days as you go. Remember a lapse isn't a collapse and it's always worth continuing.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30