

Recommended Six-Week Timeline

Here is an overview of what you should aim to accomplish each week over the course of this program, based on setting a Quit Day three weeks from when you start.

Week 1

- Session 1:
Navigating Roadblocks
- Session 2:
Exploring Addiction
- Start Pack Tracks

Tip: Ask your doctor about using quit-smoking medication now so you can get a prescription if needed. If you are using Zyban®, you may need to start it this week (see Session 2 for details).

Week 2

- Session 3:
Gaining Control
- Finish Pack Tracks

Tip: You'll need to allow 3 days for Pack Tracks before starting Session 4. If you are going to use Zyban® or Chantix® to quit smoking, you may need to start it this week (see Session 2 for details).

Week 3

- Session 4:
Making a Quit Plan
- Session 5:
Your Quit Day

Tip: Start Session 4 at the beginning of Week 3 so you can be ready by the end of the week for Session 5: Your Quit Day!

Week 4

- Session 6:
The First Two Weeks
- Session 7:
Recovering from Slips
and Relapse

Tip: Go directly to Session 7 if you are struggling with a slip or relapse after Quit Day.

Week 5

- Session 8:
Long-term Strategies

Tip: In Session 8, the focus shifts to long-term strategies to stay smokefree.

Week 6

- Session 9:
Life as a Nonsmoker

Tip: As long as you've completed all of the required activities and quizzes, you'll earn your certificate after Session 9.