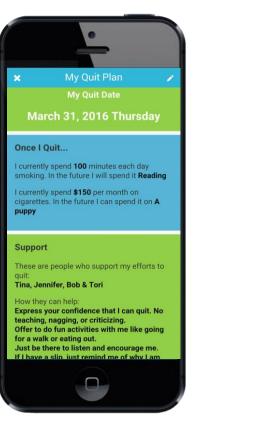
Smoking Cessation App Program Components



1. Create Quit Plan



Be Aware

An important step in preparing to quit smoking is to become aware how you normally deal with your cravings. Like all of our exercises, we'll ask you to take some action over the next few days to help you be successful.

Let's start by looking at methods you have used in the past. Urges, or cravings, are physical sensations in your body. They are typically felt in the chest or stomach, but they can be felt anywhere. Urges can be caused by being physically addicted to nicotine. When you go even



2. Complete 8 Daily ACT Modules 3. Track Letting at least 10 Urges Pass

8

URGES PASS

Anytime Coaching



4. Visit Anytime Coaching at least once