

UnVapeMe Quit Vaping Checklist

One-page plan for your first vape-free week

Use this checklist before your quit date, then keep it visible during the first week. It is educational support, not medical advice. Ask a qualified healthcare professional for medical guidance, severe withdrawal, chest pain, or breathing trouble.

Before Your Quit Date

- Choose a quit date within the next two weeks: _____
 - Remove spare vapes, pods, cartridges, chargers, bottles, and backups.
 - Tell one person how they can help: _____
 - Pick three common triggers.
- Trigger 1: _____ Response: _____
- Trigger 2: _____ Response: _____
- Trigger 3: _____ Response: _____

Your 10-Minute Craving Plan

1. Delay for 10 minutes before making any decision.
2. Drink a full glass of water slowly.
3. Take 10 slow breaths and drop your shoulders.
4. Move your body: stairs, a walk, push-ups, or stretching.
5. Switch to a task that uses your hands and attention.

First 48 Hours

- Keep meals simple and regular so hunger does not imitate cravings.
- Avoid one high-risk situation you can postpone.
- Plan your first morning, first work or school break, first drive, and bedtime.
- Track vape-free time, cravings resisted, money saved, and any slip triggers.

If You Slip

Write down what happened, adjust one part of the plan, and restart right away. A slip is information; it is not a reason to wait for a perfect moment.

Download UnVapeMe to track quit time, savings, health milestones, and slip resets: <https://unvapeme.com>