

Quit date, five quit-day steps, free help and milestone dates

☐ My quit date: the Great American
Smokeout Thu., Nov. 19, 2026

- ☐ Stick to your plan
- ☐ Get support
- ☐ Stay busy
- ☐ Avoid smoking triggers
- ☐ Stay positive

- ☐ 1-800-QUIT-NOW, free quitline 1-800-784-8669
- ☐ SmokefreeTXT, 6-8 weeks; message and data rates may apply Text QUIT to 47848
- ☐ CDC National Texting Portal, a separate program Text QUITNOW to 333888

- ☐ Within minutes: heart rate drops Thu., Nov. 19, 2026
- ☐ Several days: blood carbon monoxide drops to a non-smoker's level Late Nov. 2026
- ☐ 1 to 12 months: coughing and shortness of breath decrease Dec. 19, 2026 to Nov. 19, 2027
- ☐ 1 to 2 years: risk of heart attack drops sharply Nov. 19, 2027 to Nov. 19, 2028
- ☐ 10 to 15 years: added risk of lung cancer drops by half 2036 to 2041

Free printable from Fresh Calendars · freshcalendars.com/news/great-american-smokeout-2026-november-19-quit-day-planner/