Great American Smokeout Quit-Day Planner, Nov. 19, 2026

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

QUIT DATE

- [ ] My quit date: the Great American Smokeout — Thu., Nov. 19, 2026

ON QUIT DAY

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

FREE HELP

- [ ] 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

MILESTONES

- [ ] 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

My reasons to quit

Source: American Cancer Society; National Cancer Institute (Smokefree.gov); Centers for Disease Control and Prevention (CDC). Milestone dates assume a quit date of Nov. 19, 2026. This sheet is not medical advice.