

COOL TURKEY 8 PAGE STARTER GUIDE



8 PAGE COOL TURKEY STARTER GUIDE

STARTER GUIDE



**SHORT, CLEAR, AND
EASY TO USE DAILY**



**GRADUAL REDUCTION
PLANNING CHART**



**DAILY AFFIRMATION
SPACE AND CHECK-
INS**



**MINDSET COACHING
TIPS**



**MINDSET-BASED
APPROACH MEETS YOU
WHERE YOU'RE AT**



**GIVES YOU A
FLEXIBLE PLAN YOU
CAN ACTUALLY STICK
TO**



**"WHY I SMOKE"
SELF-REFLECTION
WORKSHEET**



**8-PAGE PRINTABLE
DIGITAL WORKBOOK
(PDF)**

COOL TURKEY

COOL TURKEY STARTER GUIDE
YOUR GRADUAL SMOKING CESSATION COMPANION
DESIGNED TO HELP YOU QUIT WITHOUT GOING COLD TURKEY.



COOL TURKEY



WELCOME TO COOL TURKEY
THIS GUIDE IS FOR ANYONE LOOKING TO REDUCE OR QUIT SMOKING GRADUALLY.
NO PRESSURE, NO GUILT—JUST SIMPLE STRUCTURED SOLUTIONS

COOL TURKEY

WHY DO I SMOKE?

**USE THE SPACE BELOW TO REFLECT ON
YOUR PERSONAL REASONS FOR SMOKING.**

1. WHEN DO I USUALLY SMOKE (TIME OF DAY, TRIGGERS)?

2. WHAT DO I FEEL BEFORE AND AFTER SMOKING?

3. WHAT PURPOSE DOES SMOKING SERVE IN MY LIFE?

4. WHAT MIGHT I BE AVOIDING OR COPING WITH?



COOL TURKEY

GRADUAL REDUCTION PLAN

WEEK-BY-WEEK GOALS FOR REDUCING SMOKING WITHOUT ABRUPT WITHDRAWAL.

WEEK 1 GOAL: _____ **NOTES:** _____

WEEK 2 GOAL: _____ **NOTES:** _____

WEEK 3 GOAL: _____ **NOTES:** _____

WEEK 4 GOAL: _____ **NOTES:** _____

WEEK 5 GOAL: _____ **NOTES:** _____

WEEK 6 GOAL: _____ **NOTES:** _____

DAILY AFFIRMATIONS

- I AM IN CONTROL OF MY CHOICES.
- EACH DAY, I BECOME STRONGER AND CLEARER.
- MY BODY APPRECIATES EVERY HEALTHY DECISION I MAKE.
- I BREATHE IN PEACE. I BREATHE OUT THE URGE.
- MY JOURNEY IS MY OWN—AND I'M WALKING IT IN POWER.



COOL
TURKEY
DAILY CHECK-IN

DAY 1: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

DAY 2: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

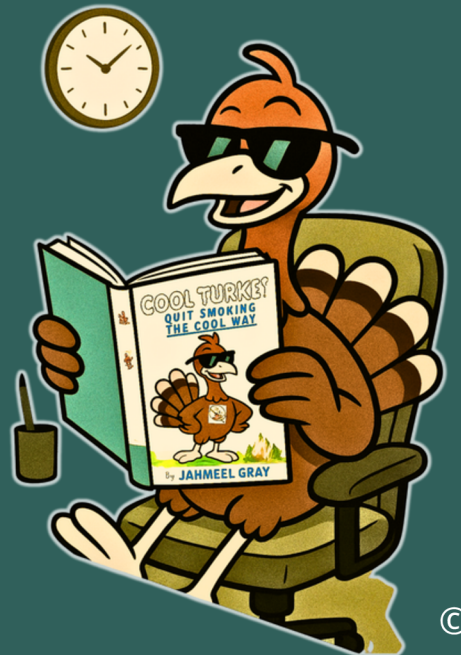
DAY 3: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

DAY 4: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

DAY 5: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

DAY 6: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____

DAY 7: HOW MANY DID I SMOKE TODAY? _____ HOW DID I FEEL MOST OF THE DAY? _____



**COOL
TURKEY
CRAVING LOG**

USE THIS PAGE TO NOTE WHEN CRAVINGS HIT AND HOW YOU RESPONDED.

DATE/TIME: _____

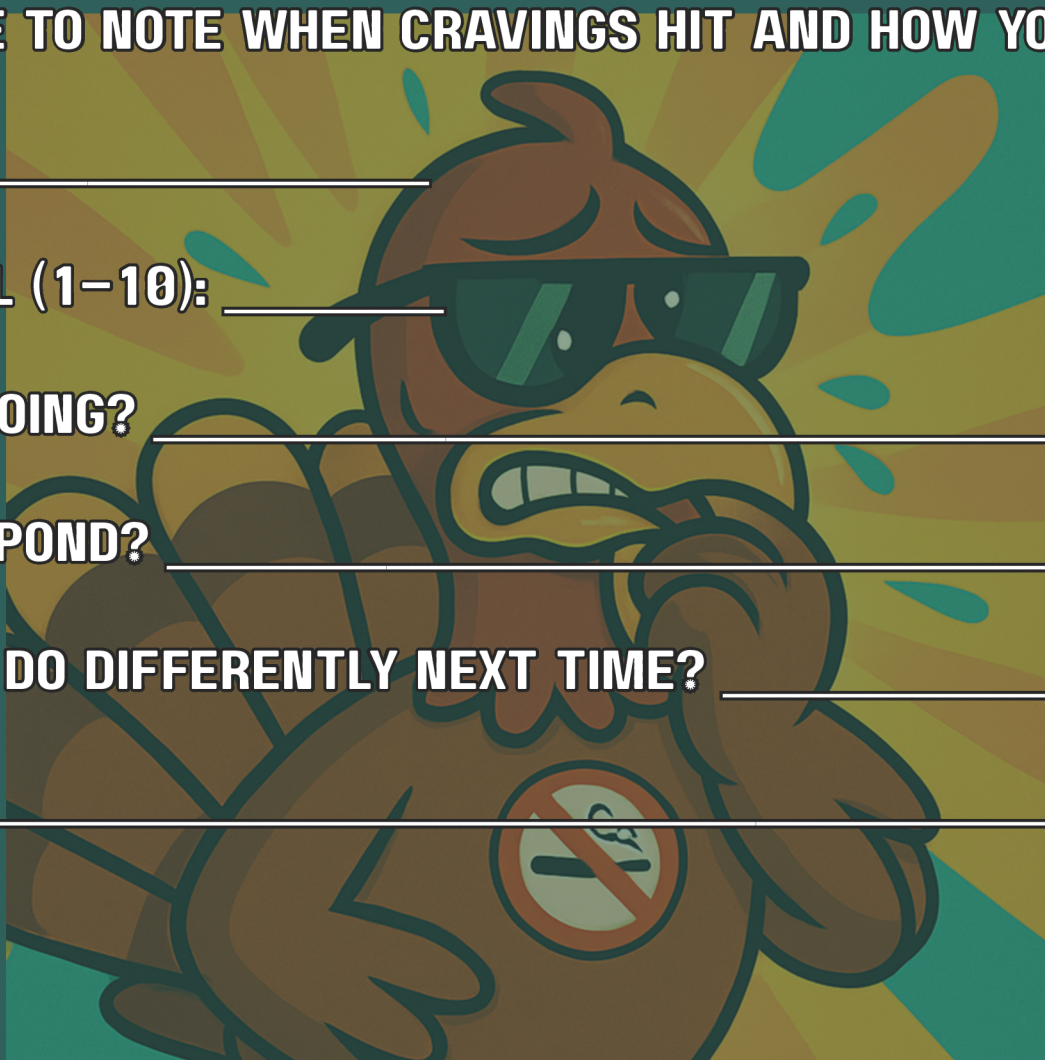
CRAVING LEVEL (1–10): _____

WHAT WAS I DOING? _____

HOW DID I RESPOND? _____

WHAT COULD I DO DIFFERENTLY NEXT TIME? _____

NOTES: _____



COOL TURKEY

CoolTurkey				Smoking Tracker	
Quit Smoking The COOL Way™					
Day	Time	Trigger	Mood	Quantity	Reflection
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
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