Quit For You Assessment

1. In your lifetime, how many years have you smoked altogether? _______ years

2. On average, how many cigarettes do you smoke/day? (check one)
   - [ ] 10 or less cigarettes
   - [ ] 11-20 cigarettes
   - [ ] 21-30 cigarettes
   - [ ] 31 or more cigarettes

3. What do you LIKE about smoking? __________________________________________________
   __________________________________________________________________________________

   What do you DISLIKE about smoking? _____________________________________________
   __________________________________________________________________________________

4. Do you feel you are currently ready to make an attempt to quit?
   - [ ] Yes
   - [ ] No
   - [ ] Unsure

5. In the past year, how many times have you tried to quit smoking for at least 24 hours? (circle one)
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - or more

6. What methods have you used to quit smoking cigarettes in the past? (check all that apply)
   - [ ] Behavioral:
     - [ ] Cold turkey
     - [ ] Counseling
     - [ ] Reduction/cutting back
     - [ ] Hypnosis
     - [ ] Acupuncture
     - [ ] Other
   - [ ] Products:
     - [ ] Nicotine gums/lozenges
     - [ ] Nicotine patches
     - [ ] Over-the-counter nicotine inhaler
     - [ ] Electronic cigarettes
     - [ ] Other
   - [ ] Prescription medications:
     - [ ] CHANTIX (varenicline) tablets
     - [ ] Bupropion hydrochloride (Zyban, Wellbutrin)
     - [ ] Nicotrol inhaler/nasal spray

Please review the following statements on a scale of 1 through 5, with 1 being completely disagree and 5 being completely agree.

7. I want to quit smoking for my own personal reasons, not because I feel pressured to quit by others.
   - [ ] 1 Completely disagree
   - [ ] 2 Neutral
   - [ ] 3 Agree
   - [ ] 4 Completely agree

8. I have a specific plan in mind to try to quit smoking.
   - [ ] 1 Completely disagree
   - [ ] 2 Neutral
   - [ ] 3 Agree
   - [ ] 4 Completely agree

9. I feel it will be very difficult for me to quit smoking.
   - [ ] 1 Completely disagree
   - [ ] 2 Neutral
   - [ ] 3 Agree
   - [ ] 4 Completely agree

10. I want to quit smoking because I worry a lot about how smoking affects my health.
    - [ ] 1 Completely disagree
    - [ ] 2 Neutral
    - [ ] 3 Agree
    - [ ] 4 Completely agree

NOTES: ____________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________