

# Customizing the REDUCE TO QUIT® approach

Smokers can choose to reduce cigarette smoking in a way that suits them

- Limiting smoking to certain places
- Gradually increasing the time between cigarettes
- Delaying the first cigarette of the day for as long as possible
- Choosing a few specific cigarettes to give up each week
- Smoking during only odd or even hours
- Not smoking after a certain time of day