

# SWITCH PLAN

---- FROM SMOKING TO VAPING ... FOR A MEDIUM SMOKER ----



## YOUR GUIDE TO QUITTING SMOKING - 11 TO 20 CIGARETTES A DAY



### Most common TRIGGERS



STRESS



ROUTINE



NEEDING A BOOST AT CERTAIN POINTS OF THE DAY



HABIT

### Where to start?

#### STARTER KIT



50/50 JUICE

OR

#### POD



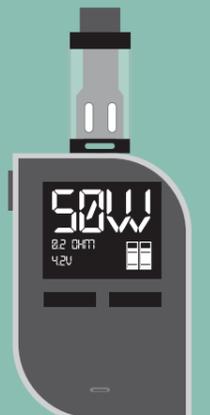
50/50 JUICE

### FANCY A CHANGE?

#### SUB OHM



70/30 JUICE



### Do you need to MIX & MATCH?

Morning & evening cigarettes tend to be the hardest to stop. Have a morning/evening cigarette, but vape throughout the day. Once you feel comfortable with a liquid that works for you, you'll be able to give up the morning/evening one.



### NICOTINE?

START with 18mg then GRADUALLY move down.

### SUGGESTIONS

- Save the money you would've spent on cigarettes in a jar. Only use it to purchase vaping products. After six months, the remainder could pay for a holiday!
- Try not to run out of vaping products as this could potentially make you purchase cigarettes if you're caught short.

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