

SWITCH PLAN

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



YOUR GUIDE TO QUITTING SMOKING - 20+ CIGARETTES A DAY

Most common TRIGGERS



STRESS



ROUTINE



HABIT



EMPTY BATTERY



NO 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.



Where to start?

STARTER KIT



50/50 JUICE

OR

POD



50/50 OR SALT NIC JUICE



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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