

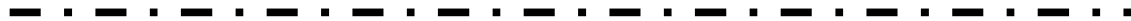


[year] 3rd Quarter Event Smoking Cessation

What it is: This goal of this event is to help you reach your goal of quitting smoking. Weekly goals are provided to help guide you. There are many options that you can choose and activities that best suit your needs or stage in your quit plan. Every time you learn more about quitting, you're better prepared to quit, so earn points for learning, preparing, and quitting.

How it works: Each week you will have the opportunity to earn points. There are nine options to choose from each week. Simply complete at least two activities within one option to earn your weekly points. You don't have to choose activities in order – feel free to do so in the order that best fits your needs. You will also have the opportunity to earn bonus points along the way.

How to get started: Choose of team consisting of four team members who share the same goal as you, to quit smoking. Choose one team member to be the team captain (the team captain will be responsible for reporting weekly points). Complete the registration form below. Your company coordinator will give you all the materials you need to start the challenge.



Registration

Company _____

Address _____

Name _____ Phone _____

Email _____

Team members:

1. _____

2. _____

3. _____

4. _____

3rd Quarter Event: Smoking Cessation

Week 1

Take a Self-Assessment

Take a self assessment to help you understand your triggers and plan for alternatives to smoking

Visit: http://www.way2quit.com/Quit_Place_Trigger.aspx

25 points for completing at least two activities within one option

Weeks 2 – 12

Choose your activity

You choose the activity that best suits your stage of readiness. You don't have to choose activities in order – feel free do to the ones that best fit your needs. Each option is designed to help you learn, prepare, and quit.

Option 1 – Learn About Motivation and Challenges to Quit

The more you know, the better prepared you'll be to quit.

- Take the Tobacco Addiction quiz to see if you're addicted- http://www.way2quit.com/Quit_Place_Dependency.aspx
- Build a Decisional Balance chart by writing down all the reasons you want to quit tobacco and all the reasons you do not want to quit. This list will help you anticipate the challenges to quitting and provide resources and motivation you can use to overcome those challenges.
- Use this tool to calculate how much smoking is costing you. <http://www.healthcalculators.org/calculators/cigarette.asp>
- Learn how smoking affects:
 - Your risk of Heart Attack - <http://www.webmd.com/heart-disease/tc/interactive-tool-how-does-smoking-increase-your-risk-of-heart-attack-what-does-this-tool-measure>
 - Your life span - <http://www.webmd.com/smoking-cessation/tc/interactive-tool-how-does-smoking-affect-your-life-span-what-does-this-tool-measure>

Option 2 – Relax and Manage Stress

Find new ways to relieve stress. This will help you avoid using tobacco when you feel stress. Take a walk, listen to music, take a hot bath/shower, read a book, call a friend, go to a movie, or meditate.

Option 3 – Tame your Triggers

Even if you're still using tobacco, identifying your triggers and making different habits will help you avoid using tobacco. Make a list of your top triggers and come up with an alternative for each.

Ideas include:

- Swapping your daily coffee for tea.
- Drive a different route to get to work or the store.
- Take your break with friends who don't smoke.

Option 4 – Seep support and Build Networks

You will have a better chance of success if you have help. You can get help in many ways:

- Tell family, friends and coworkers that you are going to quit and want their support. Ask the not to smoke around you. Ask them if they want to quit with you.

<ul style="list-style-type: none"> • Talk to your health care provider about quitting, they can help. • Get individual, group or telephone counseling. <p>Option 5 – Healthy Living</p> <p>Focusing on keeping yourself healthy will help you out. Take this week to practice:</p> <ul style="list-style-type: none"> • Nutrition – make sure you’re eating healthy meals • Physical Activity – regular physical activity will help distract you from using tobacco and will provide many other health benefits. It’s also great for stress management • Sleep – get at least 7 hours of sleep each night • Drink Water – drink 8 glasses of water a day • Get your teeth cleaned 	
<p>Option 6 – Create a Smoke Free Environment</p> <p>Getting rid of things that remind you of smoking will help you get ready to quit. Try these ideas:</p> <ul style="list-style-type: none"> • In your home- <ul style="list-style-type: none"> ○ Throw away all your cigarettes, pipes and matches. ○ Give or throw away your lighters and ashtrays. ○ Wash or dry clean your drapes and clothes and get the carpets cleaned. ○ Make a non-smoking rule for your house. • In your car- <ul style="list-style-type: none"> ○ Remove the lighter and ashtray. ○ Vacuum the inside of your car, wash the windows, and clean the hard surfaces. ○ Make a non-smoking rule for your car. • Try some methods to reduce the amount of tobacco that you use before your official quit date. Methods to reduce smoking include the following: <ul style="list-style-type: none"> ○ Each week choose a few specific cigarettes to give up (ex. The ones you smoke in the car on your way to work). ○ Gradually increase the time between cigarettes. ○ Smoke only during odd or even hours. ○ Limit your smoking to certain places (outside, not at work, not in the car). ○ Wait as late in the day as possible to start smoking. 	
<p>Option 7- Review your resources</p> <p>Try out some of the resources available to you including:</p> <ul style="list-style-type: none"> • Learn about pharmacological options and if they’re right for you. • Enroll in a tobacco cessation support system • Use free community resources 	
<p>Option 8 – Get Ready</p> <ul style="list-style-type: none"> • Talk to your health care provider about quitting • Review your past quit attempts. Think about what worked and what didn’t. • Make a list of reasons to quit. • Set your quit date. Have a quit ceremony the night before. The first few days, focus on changing your habits, congratulating yourself each day and keeping up with your healthy habits such as sleep, exercise, good nutrition and stress management. If you smoke work, quit on the weekend or during a day off. That way you’ll already be cigarette-free when you return. 	

<p>Option 9 – Relapse Prevention</p> <p>Slips sometimes happen. The important thing is to get back on track. If you have a slip:</p> <ul style="list-style-type: none"> • Forgive yourself and get back on your quit plan. • Identify what went wrong and ask yourself what you learned from the experience. Do you need more support, more stress management training? Then decide what changes can help you succeed next time. • Revisit the reasons you decided to quit smoking. They are no less true today. 	
<p>Weekly Bonus Activities</p> <ul style="list-style-type: none"> • Talk to your health care provider about quitting. • Make a wallet reminder. • Go to a restaurant or bar and don't take a smoke break. • Start saving. If you've already quit, put the money you use to spend on tobacco in a jar. Watch it add up and decide what you are going to do with all the money you saved. • Engage in a stress reduction activity for at least 15 minutes a day. • Drink 8 – 8oz glasses of water per day • Brush teeth twice daily and floss at least once daily • Sleep 7 hours or more each night 	<p>5 Points each time, 5 points weekly max</p>

3rd Quarter Event Individual Tracking Log

Name:	Phone:	Email:
Team Name:		

Week 1			
Tracking Log			
Day	Date	Activity	Points
1	#####		
2	#####		
3	#####		
4	#####		
5	#####		
6	#####		
7	#####		
Week 1 Total Points:			

Week 3			
Tracking Log			
Day	Date	Activity	Points
1	#####		
2	#####		
3	#####		
4	#####		
5	#####		
6	#####		
7	#####		
Week 3 Total Points:			

Week 2			
Tracking Log			
Day	Date	Activity	Points
1	#####		
2	#####		
3	#####		
4	#####		
5	#####		
6	#####		
7	#####		
Week 2 Total Points:			

Week 4			
Tracking Log			
Day	Date	Activity	Points
1	#####		
2	#####		
3	#####		
4	#####		
5	#####		
6	#####		
7	#####		
Week 4 Total Points:			

Extra Points	

Total Points / Month

3rd Quarter Event: Team Report

Company:	Phone:
Name:	Email:
Team Name:	

Week 1 Ending October 10
Total Points:

Week 7 Ending November 21
Total Points:

Week 2 Ending October 17
Total Points:

Week 8 Ending November 28
Total Points:

Week 3 Ending October 24
Total Points:

Week 9 Ending December 5
Total Points:

Week 4 Ending October 31
Total Points:

Week 10 Ending December 12
Total Points:

Week 5 Ending November 7
Total Points:

Week 11 Ending December 19
Total Points:

Week 6 Ending November 14
Total Points: