



Practice Makes Progress

Daily Challenges for National Non-Smoking Week 2018

Use each strategy outlined below as a “daily challenge” throughout National Non-Smoking Week (January 21-28th). Cross off each box when you complete the challenge.

Complete at least 5 challenges to be entered to win a **Fit Bit!**

Enter by taking a picture or scanning this page with the daily challenge chart and your contact information to wellness@uleth.ca or drop it off in person at the Financial Services front desk in Anderson Hall (just inside the glass doors). Submissions are due by **January 29th**.

Name: _____ Email Address: _____
* This will only be used to let you know if you won the prize!

I am: Staff Student

| National Non-Smoking Week- Daily Challenge Chart | | |
|---|---|--|
| <p>I tracked my tobacco use today. See attached or use an app.</p> | <p>I practiced mindfulness with a deep breathing exercise. Take a slow, deep breath through your nose. Hold the air in for at least two second. Purse your lips together like you are going to whistle and push the air out through your lips. Feel your stomach move out when you breath in and move back in as you exhale. Repeat for 4-5 cycles.</p> | <p>I stopped using tobacco in one difficult place like my car, bedroom or garage. You could tackle this challenge for the day or continue this on throughout the week.</p> |
| <p>I delayed my first cigarette of the day by at least 10 minutes.</p> | <p>I separated my smoking materials (i.e. put my lighter in the basement and my ashtray upstairs).</p> | <p>I calculated how much money I could save by quitting www.albertaquits.ca/quitting/calculate-my-savings.</p> |
| <p>I started a “butt jar”. This can be a large clear bottle/jar with some water in the bottom that you throw your cigarette butts in. The look and smell can be used as a reminder of why you are thinking of cutting down/quitting. Keep away from children and pets.</p> | <p>When I used tobacco, that’s all I did. I did not drink coffee or alcohol, talk/play on my phone etc. while using tobacco. Separating it from other enjoyable activities can really take some of the pleasure out of using tobacco.</p> | <p>I wrote down “my why”. This is your main motivation for thinking about quitting or completing a practice quit. You might have several motivations and that’s great! Keep them handy for moments when motivation doesn’t feel strong.</p> |



Tobacco Tracker

Cut out each of these tobacco tracker charts, wrap it around your cigarette package or tobacco container and attach it with a rubber band. Every time you use tobacco, mark the date, time, and situation. Use a rating of 1–5 to record the strength of your urge. (Use 1 to indicate the least urge and 5 to indicate the strongest.)

| DATE | TIME | RATING (1–5) | SITUATION | MOOD |
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1-866-710-QUIT (7848)

