



WELLNESS CHALLENGE



New day, new you Quit nicotine, with support

Ready to quit nicotine and do something good for yourself and your health?

Whether you're a cigarette or e-cigarette smoker, we can help you kick the habit. We know it's not easy, but with the right plan and support, you can reach your goal.

Ask yourself "why"

Make a list of your reasons for wanting to quit.

Consider the health and financial benefits

See how much money you'll save if you quit.

Prepare to quit

- ✓ **Talk with your health care provider** about your habit.
- ✓ **Set a quit date** and plan.
- ✓ **Ask for support**; tell your friends and family about your plan to quit.
- ✓ **Keep a craving journal** and note the details of each time you crave nicotine. This can help you understand your patterns and triggers.

COST		NUMBER of		52 weeks	=	TOTAL money
per pack	X	pack per week	X			saved per year

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Start strong



Set yourself up for success so you can quit nicotine for good.



Stay active

Let exercise be your distraction! Get at least 30 minutes of activity each day.



Avoid common triggers

Stay away from alcohol and other smokers, when possible.



Smart snack

Use fruits and veggies or healthy snacks as an oral substitute.



Track your progress

Mark on a calendar how many hours or days you are smoke-free.



Manage stress

Do something that calms you down, like deep breathing or meditation.



Pat yourself on the back

Give yourself props for every moment you go without smoking. You deserve it!



Get enough rest

Aim to get at least 7 hours of sleep per night.

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TRACK your cravings

Note and review the moments when you crave nicotine. Over time, you'll learn about your triggers, which, in turn, can help you prepare to fight your urge to use nicotine.

	Date/ Time	How intense was the craving (on a scale of 1–10)	What were you doing and who were you with?	How were you feeling what was your mood?	What did you do to help cope with the craving?
Week 1	1				
	2				
	3				
	4				
Week 2	1				
	2				
	3				
	4				
Week 3	1				
	2				
	3				
	4				
Week 4	1				
	2				
	3				
	4				

Find more support

Check out [SmokeFree.gov](https://www.smokefree.gov) to find free tools and tips for quitting smoking.



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