

## 30 Day Tobacco Free Challenge

Day's Challenge	Day's Outcome/Reflection								
<b>Day 1:</b> I pledge to be tobacco-free by:	You got this! Remember, it's okay to stumble and have setbacks. You're not alone.								
<b>Day 2:</b> Make a list of your reasons to quit! (at least 3)	My "Why"  1. _____ 2. _____ 3. _____								
<b>Day 3:</b> Clear out and get rid of all tobacco/vaping products.	Great job! This is a great step towards tobacco-free living.								
<b>Day 4:</b> Identify someone you're willing to share your Quit Journey with.	My person is: _____ Did I share with them? Yes/No How did it go? How do I feel after sharing? _____ _____ _____								
<b>Day 5:</b> Know your triggers! What urges you to use nicotine or tobacco? (identify at least 3)	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">What is a trigger for me?</td> <td style="width: 50%;">What can I do instead?</td> </tr> <tr> <td>1. _____</td> <td>1. _____</td> </tr> <tr> <td>2. _____</td> <td>2. _____</td> </tr> <tr> <td>3. _____</td> <td>3. _____</td> </tr> </table>	What is a trigger for me?	What can I do instead?	1. _____	1. _____	2. _____	2. _____	3. _____	3. _____
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3. _____	3. _____								
<b>Day 6:</b> Call or Text the SD QuitLine (1-866-SD-QUIT)	Did I take the leap and call or text 1-866-SD-QUIT?  Yes or No								
<b>Day 7:</b> Celebrate your first tobacco-free week!	Share with your trusted person or share with us how you celebrated at @QuitTobaccoSD! Congratulations!								
<b>Day 8:</b> Find a way to relax. Set an alarm for 10 minutes and try: deep-breathing, journaling, walking, yoga, listening to calm music.	I tried _____ this time to help relieve stress, I think next time I'll try _____.								



<p><b>Day 9:</b> Create a new 5-minute morning routine, instead of having nicotine or tobacco right away.</p>	<p>Did you know that the average nicotine craving only lasts around 2 minutes? You can beat it!</p> <p>My new routine is: _____</p>
<p><b>Day 10:</b> Replace a tobacco craving with a healthier snack alternative!</p> <p>Examples: Nuts, Seeds, Hard Candy or Sugar-Free Gum, Dark Chocolate, Herbal Teas, Fresh Fruit, Fresh Veggies, Air-Popped Popcorn</p>	<p>What snack did you pick? Did you find it to be helpful? If not, what might you try next?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Day 11:</b> Increase hydration! Try drinking 8 glasses of water and only 1 sugar-free drink today.</p>	<p>I drank ___ glasses of water today. I normally drink ___ glasses of water in a day.</p> <p>My (1) sugar-free drink today: _____</p>
<p><b>Day 12:</b> Call or text your trusted friend or check in with your Quit Coach!</p>	<p>You don't have to quit alone, be sure to check in often with someone you trust on your progress. Any progress is still progress!</p>
<p><b>Day 13:</b> Try 30 minutes of "active movement" that works for your body.</p>	<p>Today, my active movement was: _____</p>
<p><b>Day 14:</b> Celebrate 2 Weeks of being nicotine/tobacco free!</p> <p>Two weeks tobacco-free is no small feat 😊</p>	<p>Share with your trusted person or share with us how you celebrated at @QuitTobaccoSD! Congratulations!</p>
<p><b>Day 15:</b> Write down how you've changed since Day 1. This can be how you feel you've changed mentally, physically, or emotionally.</p>	<p>I'm proud that I've changed because:</p> <p>_____</p>
<p><b>Day 16:</b> Make a list of reasons that inspire you to continue moving forward in this journey.</p>	<p>My reasons: _____</p>
<p><b>Day 17:</b> Check in with your trusted friend or with your Quit Coach!</p>	<p>Keep going, you've got this!</p>
<p><b>Day 18:</b> Share with someone new, your story.</p>	<p>Reflect on how it went or what you learned about yourself:</p>

<b>Day 19:</b> Avoid a tobacco temptation by changing your routine	Today, I'll try something new! Let us know what you tried @QuitTobaccoSD
<b>Day 20:</b> Plan a celebration/reward for hitting 30 days nicotine/tobacco-free!!	What is my reward? How do I think I'll feel? _____
<b>Day 21:</b> Celebrate 3 Weeks of being nicotine/tobacco free! You're crushing this.	Share with your trusted person or share with us how you celebrated at @QuitTobaccoSD! Congratulations!
<b>Day 22:</b> Try 30 minutes of "active movement" that works for your body.	Today, my active movement was: _____
<b>Day 23:</b> Make a list of the money you've saved in the last 22 days!	I've saved \$_____ by going nicotine/tobacco-free.
<b>Day 24:</b> Almost there! One week left until your goal!	Take a fresh-air selfie and post it with #QuitTobaccoSD
<b>Day 25:</b> Treat yourself with your favorite snack or dessert	My favorite snack is: _____
<b>Day 26:</b> Identify 3 coping strategies that work for you	Those coping strategies are:
<b>Day 27:</b> Write a letter to your future self	Reflect on your goal & what you've learned. What's been hard, what's been easy?
<b>Day 28:</b> Celebrate 4 Weeks of being nicotine/tobacco free! Write out a plan on how you're going to stay tobacco-free for another 30 days!	My Plan is: _____
<b>Day 29:</b> Encourage a friend to join the challenge	I'm going to encourage _____ to go nicotine/tobacco-free with me!
<b>Day 30:</b> You did it! Celebrate and keep the streak going!!	Congratulations! You've hit your goal!