

# Tobacco-Free Bucket List

Make a list of activities you enjoy that can help you stay tobacco- and nicotine-free, especially on days when boredom might creep in. Keep this list handy and turn to it whenever you need a positive distraction or a boost of motivation.

Use one of the charts below or create your own to track the activities you complete. Turn it into a fun challenge by checking off each activity as you go.

Add a reward system to keep things exciting: treat yourself to something small every time you get a BINGO and plan a special reward for completing the entire board. Stay consistent, celebrate your progress, and take pride in every step you take toward a healthier, nicotine-free life.

# SPRING/SUMMER BUCKET LIST

Try a New Outdoor Sport or Activity	"I Spy" the Big/Little Dipper while stargazing	Have a Digital Detox Day	Try a new recipe in the kitchen	Visit a local tourist attraction
"I Spy" the State bird: The Ring-Necked Pheasant	Volunteer in a Community Project or at a Local Animal Rescue	Stretch or do a few light exercises	Create a Tobacco-Free art drawing or project	Visit your local library or check out a book from the SD State Library
Educate someone about the South Dakota QuitLine	"I Spy" the South Dakota State Flag	<b>FREE SPACE</b>	Email your local legislator about your Smokefree Summer	See an American Bald Eagle
Have a picnic	"I Spy" the State Flower: American Pasque aka May Day Flower	Try a new vegetable or fruit	Take a Tobacco-Free Summer Group Photo and share with @QuitTobaccoSD	Attend your community fair, rodeo or other event.
Spend your afternoon at a community pool	Like our Quit Tobacco SD Facebook Page	Go fishing and/or visit a local park	Finish a coloring page from QuitTobaccoSD	Plant a flower, plant, or food item and watch it grow as you nurture it!

# FALL BUCKET LIST

Do a puzzle or play a game	Go for a walk	Grab a book and cozy up to read	Write a letter to someone who inspires you	Try mediating.
Volunteer in a Community Project or at a Local Animal Rescue	Think of a topic you want to learn more about and research it	Check in with a friend or family member	Rake leaves and jump in them!	Check out <a href="http://Quittobaccosd.com">Quittobaccosd.com</a> and what resources are all available
Tidy up a small space (desk, room, coat closet)	Have a Digital Detox Day	<b>FREE SPACE</b>	Practice some affirmations/ positive talk	Carve a pumpkin
Spend a day outside playing basketball or some other activity to get you physically active	Try a new recipe in the kitchen	Take a photo of you being tobacco/nicotine free and share with <a href="https://www.instagram.com/QuitTobaccoSD">@QuitTobaccoSD</a>	Educate someone about the South Dakota QuitLine	Watch an athletic event that interests you or you want to learn more about
Make a list of what you are grateful for	Attend a free event in the community like a school play	Stretch or do a few light exercises	Do a craft	Help a neighbor with something

# WINTER BUCKET LIST

Educate someone about the South Dakota QuitLine	Have a Digital Detox Day	Do a puzzle or play a game	Pick a room to declutter in your home	Stretch or do a few light exercises
Research a place you'd love to visit someday	Try a new recipe in the kitchen	Look at Christmas lights	Help a neighbor with something	Have a movie day (or just watch a movie)!
Bake holiday cookies to share	Clean one room	<b>FREE SPACE</b>	Grab a book and cozy up to read	Shovel snow
Volunteer in a Community Project or at a Local Animal Rescue	Build a snowman/ Take time to play in the snow	Check in with a friend or family member	Practice some affirmations/ positive talk	Visit your local library or check out a book from the SD State Library
Learn a new skill or hobby	Watch an athletic event that interests you or you want to learn more about	Take time to reflect on the year and make your goals for the next year	Create trivia to host a trivia night with friends/family.	Take a photo of you being tobacco/nicotine free and share with @QuitTobaccoSD

# CREATE YOUR OWN BUCKET LIST

		FREE SPACE		