



**SMOKE-FREE
NOW
CHALLENGE**

<p>Day 1 Let's Do This! <i>The first step towards a healthier life starts now</i></p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	<p>Day 5 Fight through that Craving! <i>DYK most cravings only last 5-10 minutes?</i></p>
<p>Day 6</p>	<p>Day 7 Don't Light Up, Distract yourself! <i>Drink water, chew gum or have a healthy snack instead</i></p>	<p>Day 8</p>	<p>Day 9 Relax and Keep Your mind focused <i>Take deep breaths to delay a craving</i></p>	<p>Day 10</p>
<p>Day 11 Share Your Success! <i>Be proud of your accomplishment and tell others!</i></p>	<p>Day 12</p>	<p>Day 13 Ask for Help! <i>Call the Tobacco Support line at 8-1-1 if you need some extra support!</i></p>	<p>Day 14</p>	<p>Day 15 <i>You're Halfway there! You've got this!</i></p>
<p>Day 16</p>	<p>Day 17 Make a List, Check it Twice! <i>Keep your reasons for quitting nearby as a reminder!</i></p>	<p>Day 18</p>	<p>Day 19 <i>Get Moving!</i></p>	<p>Day 20</p>
<p>Day 21</p>	<p>Day 22</p>	<p>Day 23 Treat Yourself! <i>Use that money you saved by not buying cigarettes on something fun!</i></p>	<p>Day 24</p>	<p>Day 25</p>
<p>Day 26 Last week!!!! <i>You can taste that lobster already!</i></p>	<p>Day 27</p>	<p>Day 28 YOU DID IT!! <i>We're so proud of you!</i></p>		