

MINI QUIT CHALLENGE



Beat tobacco one **MINI QUIT** at a time.

Register at miniquitchallengesc.com or text "enter" to **855-914-3952**.

July	<p>PERSONAL TRIGGER MINI QUIT CHALLENGE: Dealer's choice! For the second Monday in July, identify one of your personal triggers for nicotine use (driving, drinking coffee, etc). Don't give into it today.</p>	
Aug.	<p>JUST SAY "NO" MINI QUIT CHALLENGE: For the first Monday in August, say "no" to at least one nicotine craving. Whether a friend or coworker asks you, or you just ask yourself. Say it loud and proud.</p>	
Sep.	<p>CHANGE IT UP MINI QUIT CHALLENGE: For the second Monday in September, don't smoke or vape where you usually do. It'll help break up the routine.</p>	
Oct.	<p>SOCIAL SMOKING MINI QUIT CHALLENGE: For the first Monday in October, don't smoke or vape with friends/coworkers for the whole day.</p>	
Nov.	<p>WAKING UP MINI QUIT CHALLENGE: For the first Monday in November, avoid smoking or vaping for two hours after waking up.</p>	
Dec.	<p>CHOOSE YOUR OWN 2 HOURS MINI QUIT CHALLENGE: For the first Monday in December, choose any 2-hour window and avoid smoking or vaping during that time.</p>	
Jan.	<p>SMOKE-FREE DAY MINI QUIT CHALLENGE: New year, new drive! On January 2nd, pledge to take the whole day off from tobacco.</p>	
Feb.	<p>SMOKE-FREE CAR MINI QUIT CHALLENGE: For the first Monday in February, don't smoke in the car for the whole day.</p>	
Mar.	<p>SMOKE-FREE MEALS MINI QUIT CHALLENGE: For the first Monday in March, don't smoke for two hours after every meal.</p>	
April	<p>DELAY & DISTRACT MINI QUIT CHALLENGE: For the first Monday in April, delay any smoking/vaping urge for 15 minutes by distracting yourself! Chew a straw, take some deep breaths, etc.</p>	
May	<p>SMOKE-FREE HOME MINI QUIT CHALLENGE: For the first Monday in May, don't smoke or vape in your house for the whole day.</p>	
June	<p>WALK IT OFF MINI QUIT CHALLENGE: For the first Monday in June, replace at least one smoke/vape break with a walk or healthy activity.</p>	