



Kicking the Habit Together

Objective: Challenge employees to increase knowledge on the importance of staying or becoming tobacco free.

Time Duration: This is a two-week challenge.

What to do: The Wellness Council Representative will email his or her office the introductory email (below) after determining a time frame in which to have this challenge. At the end of the challenge, the Wellness Council Representative will collect trackers and submit them to WFHT.TN@tn.gov or to his or her Regional Wellness Coordinator.

Getting Started:

1. Schedule time period for the challenge.
2. Send introductory email (*see sample email*) to department/office/etc. at least two weeks before to let employees know about the upcoming challenge.
3. Resend introductory email (*see sample email*) with information document and tracker attached to department/office/etc. to remind employees about the challenge on the start date.
4. Collect trackers at end of the challenge and email them to your Working for a Healthier TN Regional Wellness Coordinator

Materials Needed:

- Email (*see sample email*)
- Informational document (*see below*)
- Tracker (*see below*)

Sample Introductory Email

Hello,

The next Working for a Healthier Tennessee Challenge is called "Kicking the Habit Together" and is all about tobacco. This is a challenge for **everyone** and is about increasing knowledge about the importance of staying and/or becoming tobacco-free. This is a two-week challenge and will run from ***insert dates here***. The challenge is to complete *at least* **five out of the eight activities** described in the attached information sheet. At the end of the challenge you will return the attached tracker to me. Please let me know if you have any questions.



Kicking the Habit Together Information Sheet

What is this? This is a challenge to increase awareness about the importance of becoming and/or staying tobacco-free.

What will I do? For the next two weeks please strive to complete *at least five out of the eight activities* explained below. Place a checkmark by completed activities on the tracker and return the tracker to your Wellness Council Representative.

Activities

1. Take one quiz of choice
 - a. [SmokeFree.gov Quizzes](#) (*please do not share results*)
 - b. Printable '[Stress Test](#)' (*please do not share results*)
 - c. Printable '[Tobacco Addiction](#)' Quiz (*please do not share results*)
2. Use the Smokefree.gov [calculator](#) to calculate the cost of smoking for you and/or a loved one, friend, etc.
3. Review at least one video_
[Harmful Effects of Smoking](#)
[Quitting Smoking Timeline](#) (The positive effects from quitting)
4. Pledge to share [resources](#) with a loved one, friend, coworker, etc.

Not sure how to support someone? Here is an [article](#) about supporting someone who is trying to quit. Here is another [article](#) about why quitting is difficult.

For additional support and resources, check out <http://www.tnquitline.com/>.

5. Pledge to try to replace one cigarette a day with a healthier alternative (sugar-free gum, five-minute walk, etc.) for one week.

Here is an [article](#) with 101 things to do instead of smoke!

6. Download one of the following apps

QuitGuide

This is a free app that helps users understand patterns with smoking and build skills for becoming smoke-free. Click [here](#) for more information!

quitSTART App

This is another free app filled with tips and challenges. Click [here](#) for more information!

7. Sign up for the "Smokefree" text messaging service.

SmokefreeTXT

This is a free texting program that aims to help you quit smoking. This is a program for adults who are ready to quit smoking. You are able to set quit dates and adjust as needed. Click [here](#) for more information!

8. Watch a tobacco cessation success story of one of your fellow state of Tennessee employees.
 - a. David & Joseph from Department of Correction [video](#)
 - b. Tammy from Department of Human Services [video](#)
 - c. Barbara from Department of Human Services [video](#)
 - d. Heather from Department of Agriculture [video](#)
 - e. Theresa from Labor & Workforce Development [video](#)



Kicking the Habit Together Checklist

| Activity | ✓ |
|--|---|
| Take online quiz of choice; printable quiz here or here | |
| Use the Smokefree.gov calculator to calculate the cost of smoking for you and/or a loved one, friend, etc. | |
| Review at least one provided video | |
| Pledge to share tobacco cessation resources with a loved one, friend, coworker, etc. | |
| Pledge to try to replace one cigarette a day with a healthier alternative (sugar-free gum, five-minute walk, etc.) for one week. | |
| Download one of the apps (or encourage someone else to) | |
| Sign up for the text messaging service (or encourage someone else to) | |
| Watch at least one coworker success story | |

Return to Wellness Council Representative at end of challenge.