



# Kicking the Habit Together

## **Focus Area: Tobacco Cessation**

**Objective:** This challenge is for anyone! This allows employees to increase their knowledge on the importance of staying or becoming tobacco-free.

**Length of Challenge:** Two weeks

## **Materials Needed:**

- [Kicking the Habit Together Tracking Sheet](#)
- Prizes (optional)

## **Directions:**

- For two weeks, try to complete at least **five out of the eight activities**.
- Place a checkmark by completed activities on the tracker.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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## Getting Started:

1. Decide what dates "Kicking the Habit Together" will run.
2. [OPTIONAL] Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their Tracking Sheets and how winners will be rewarded.  
*Remember: Challenge rewards do not have to be tangible. Announcing the "Kicking the Habit Together" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions on how to participate in the "Kicking the Habit Together".
  - Details about how to submit their Tracking Sheets and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach via email the "Kicking the Habit Together Information/Checklist". Distribute it to all participants.
7. As the challenge comes to an end, send a reminder to participants to submit their "Kicking the Habit Together Checklist". Announce the winner(s)!