QUIT CHALLENGE

BINGO

This BINGO card is a great place to come when cravings hit.

 Drink a glass of water instead of smoking.	 Go for a 10 min. walk when a craving hits.	 Use a Nicotine Replacement Therapy (NRT).	 Take 3 slow, deep breaths when a craving hits.
 Write down 3 reasons why you're quitting.	 Text a friend for support.	 Mark one full day smoke-free.	 Write a journal entry about how you feel.
 Try a new hobby or activity for distraction.	 Listen to a song that motivates you.	 Eat a healthy snack instead of smoking.	 Say your quit Motto out loud.
 Read an article or watch a video about quitting.	 Clear your home of ashtrays, lighters, etc.	 Exercise for 10 minutes when a craving hits.	 Save the money you'd spend on cigarettes.

HOW IT WORKS:

- Pick a task to do and then cross it off!
- Complete a row, column, or diagonal of 4 and earn yourself the title of: **Craving Crusher**
- Complete the full card and earn yourself the title of: **Quit Champion**

Visit **www.nuquits.ca** for more support!